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# Grass Roots

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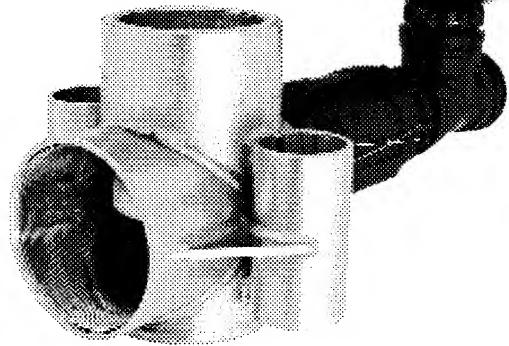
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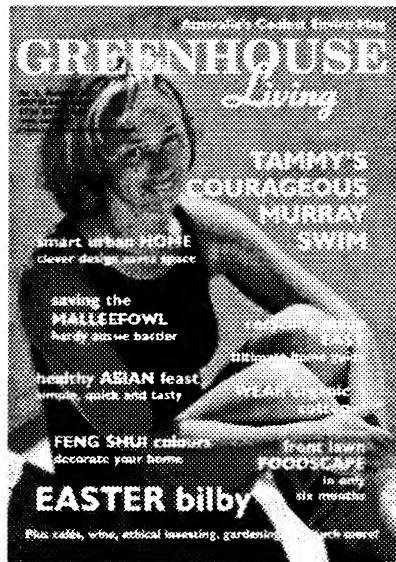
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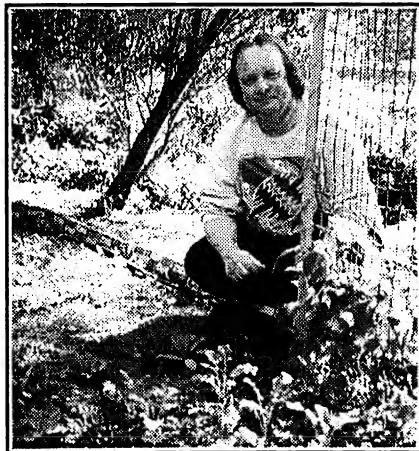
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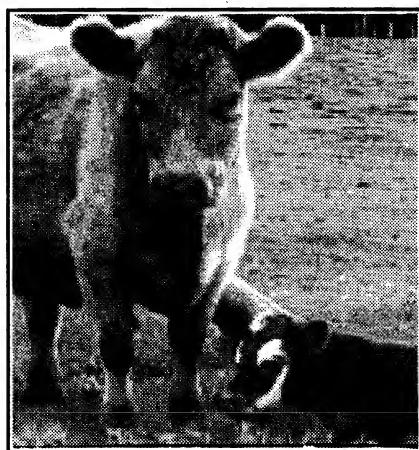
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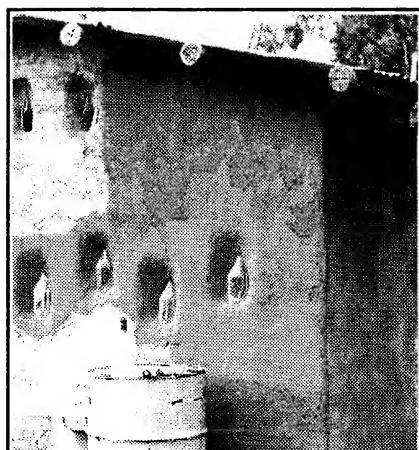
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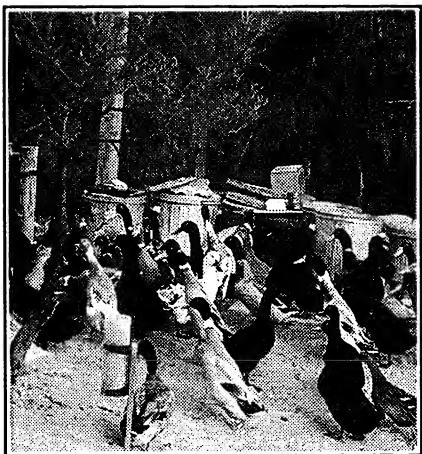
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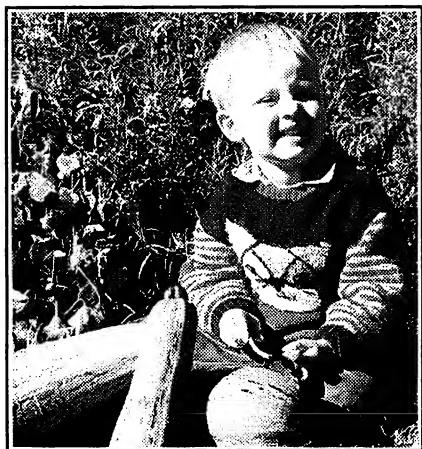
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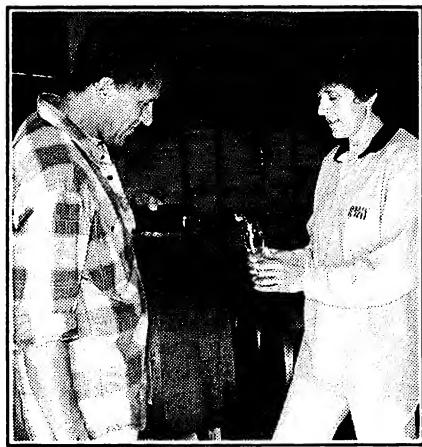
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## COVER PHOTOS

**Front Cover:** Anthony and Susan Thorogood spent years studying and growing different apple varieties. Now they have developed a very drinkable range of traditionally brewed ciders. Read their story 'Apples from the Garden of Eden' on page 6.

**Back Cover:** Anet McCarthy's description of her family's resourceful lifestyle in beautiful, but chilly, Gingkin, illustrates that a cold climate is no bar to sustainable living. See her story 'A Mountain Paradise' on page 31.

Edited by Megg Miller and Mary Horsfall.



## GUMNUT GOSSIP

by Megg Miller.

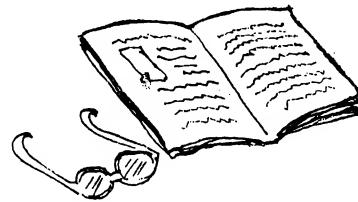
Computers may be commonplace in some sectors of society, but among *Grass Roots* people handwriting is still alive and flourishing. Equally, we pen many of the letters we send off rather than use the computer keyboard. There is just one problem with the handwritten note – it's not always easy to read. Older readers may be spluttering indignantly at this comment, and well they might, having suffered a schooling that focussed uncompromisingly on a 'good hand'. Their correspondence is always a pleasure to read. With most people it seems mediocre writing becomes scrawl in the rush to get everything done. Generally we can decipher illegible words that pop up, or at worst, make an informed guess. A tricky one this issue nearly had us beat. 'What do you think this says?' Mary asked. 'It doesn't make sense. It looks like white bums and jam.' Heavens, what was this Grassified advertising? Actually it was a property for sale and on closer inspection the 'b' looked more like a 'g', gums in fact, white gums. To unravel the mystery of jam, we had to consult the seller of the property and discovered it is a local term for a wattle species native to Western Australia. It's not surprising we advise people to get *Grassifieds* in early in case there is a problem that takes time to solve. We gave Mary a hard time over her white bums, believe me.

Several of us here are rather untidy, boxes of papers and files overflowing on the floor and piles of books everywhere. I confess to being a messy person, but fortunately my office is at the rear of the building, out of sight and trouble. David, also very messy, is in the first office encountered when you walk in and it's also opposite our tea room and kitchen. It wasn't a surprise to learn a mouse was noisily scampering around the books and papers, totally distracting Sally in the following office. Discreet whispering passed mention of the incident from one to another – no public fuss could be made because Mary hates mice and is upset by them and we needed her calm and relaxed to tackle the *Grassifieds*.

Quick action ensued. David rearranged the books and papers, we lifted our game and kept the bench and floor crumb-free in the kitchen and put edibles in containers, and a couple of bait blocks were hidden in likely spots. Mousey disappeared, Sally's concentration returned and Mary wasn't any the wiser. She'll be surprised to read this. It's a nasty thought, but will a flat, dehydrated little body turn up one day between the pages of a magazine? We've never found the body.

The state of the offices was a topic of discussion when a couple of writer-readers caught up with us recently. Usually we can't fit entertaining or meeting visitors into the tight schedule, but Clare and Paula Collins happened to be going past during a quiet spell and so were invited to morning tea. I was going to be absent, so caught up with them out of work hours, sharing their hospitality and a meal in the campervan. We were fortunate at the time to have produce from Mary's garden to share and so sent them away with fresh vegies and eggs. They drank tea with everyone, and then Suni provided a quick tour of the office. They nodded approval at the organised offices of Sally and Mary, appreciated that Sue's was inundated with the day's mail, and were shocked that not one but three Millers worked in chaos. 'It must be genetic,' Suni offered, hoping this untrue and unlikely excuse would suffice. Sorry Clare and Paula, some of us are just naturally untidy. Wouldn't it be a dull world if everyone was made the same.

Regardless of the state of the office, where the mouse has chosen for its resting place, or how legible your writing is, we love the letters that come in to GR. Clearly you all enjoy them too as Feedback has long been the most widely read part of the magazine. The contributions are so varied, so interesting and colourful, and written with heartfelt sincerity. Any wonder they're read before anything else. I want to mention two very different, special ones this issue. Colleen Harrod has been getting the mag since No 27 and benefited so much from all she's read.



'I have surprised myself and others by drawing on something read years ago at the precise moment it is needed . . . they think I'm a genius, an inventor, a homoeopath, an environmentalist, a vet, a horticulturist, permaculturist and many more "ists" to boot. I just say, "read it in GR". Your wonderful mag is the reason I'm capable, confident and happy to take on any task. Thank you to all the contributors over the years.' Well put Colleen and we join you in thanking contributors also. Our second correspondent forgot to include her name and contact details, but wrote of how the story recently, 'Keeping the Dream Alive', rekindled her desire to have a special place in the country to garden and keep livestock and be happy in. Life took this writer on other paths, and health problems, very serious ones, have put paid to relocating up till now. 'I still have a three-year plan, but is it unrealistic to think a woman at age 60 and alone can really make such a dream come true? I tell my family I've decided to stay in the city for all sorts of reasons – I would miss them, I need to be near public transport, shops, medical facilities, and as I grow older I tell them I can grow vegies, practise urban permaculture and keep chooks here. It is only to myself that I admit I have lost confidence, not motivation. I am practiced at making do and doing it very well. I can do it if I must. But, what happened to the dream?' If only there was a simple solution. We felt humbled when we read the letter, edited down greatly for inclusion here. What a feisty woman, and how capably and positively she has coped with the rocky road behind her. I always believe the answer to life's dilemmas is inside us, sitting there. We don't always want to know it. What light can readers shed on this situation, what hope or solace? Whatever the path chosen, believe it to be the right one at the right time, and seize the day. There are years of gardening and chooking ahead.

# Apples From The Garden Of Eden

by Anthony Thorogood, Burra, SA.

**Anthony and Susan Thorogood have quite a job. They grow over 70 different varieties of apples, try out ways of cooking them, and make a range of delicious sounding ciders as well. Despite the hard work we know this must entail, it sounds just heavenly to us.**

I was travelling the world and discovered jackfruit in India, ugli fruit in Israel, and in England I found a red striped apple called a Cox's Orange Pippin. I tried one; it was quite delicious, aromatic and full flavoured. I also tried an Egremont Russet and it had a beautiful nutty flavour. I ate apple pies made with big, green, sharp apples called Bramley Seedling.

On returning to Australia my wife Susan and I purchased 106 acres of undulating country in Burra, a historic copper mining town in the Mount Lofty Ranges near Adelaide. We began planting old-fashioned types of apples. Of course we planted Cox's and Bramleys, and after much searching we also obtained Russets.

Bramleys are a vigorous tree and we found that we had to pick the fruit in February to keep it tart and crisp. Egremont Russets don't seem to do well in Burra, but our Cox's are twice as big again as the English variety, they are sweeter with good flavour and are highly coloured. We didn't stop with those apples, however, and now we have over 70 varieties in the ground, thanks to Clive Winmill at Badgers Keep in Victoria.

Laxtons Superb, an apple developed from the Cox's is one of our most successful. It is quite large, dull green

and red in colour, sweet, juicy and aromatic and the trees are vigorous. Another excellent apple is the King of Pippins or Five Crowns, the tree grows well, the apples are large of a golden yellow and, when used in apple pies, seem to impart a sweet spicy flavour that is just lovely.

These days we pick our Bramleys and our Sturmer Pippins and combine them with true cider apples such Foxwhelp to make very superior cider. Our cider was so in demand that we formed a company, Thorogoods Cider, and built a mudbrick cider cellar. The Minister for Primary Industries opened the cider cellar on 13<sup>th</sup> July 1999 and we have never looked back. Our cider is made in the traditional way, with no chemicals or heat treatment used. The apple juice is fermented in oak barrels using natural yeasts.

What is it about Burra that has enabled us to grow old varieties of apples so well and to achieve such a high quality cider? We have very cold winters and in summer the nights are cool to cold but with warm to hot days. Apples need the cold; they also need plenty of sunshine to ripen. There is always a cooling breeze blowing from one direction or another, which is another bonus. Our dry summers have other benefits: no disease and no real

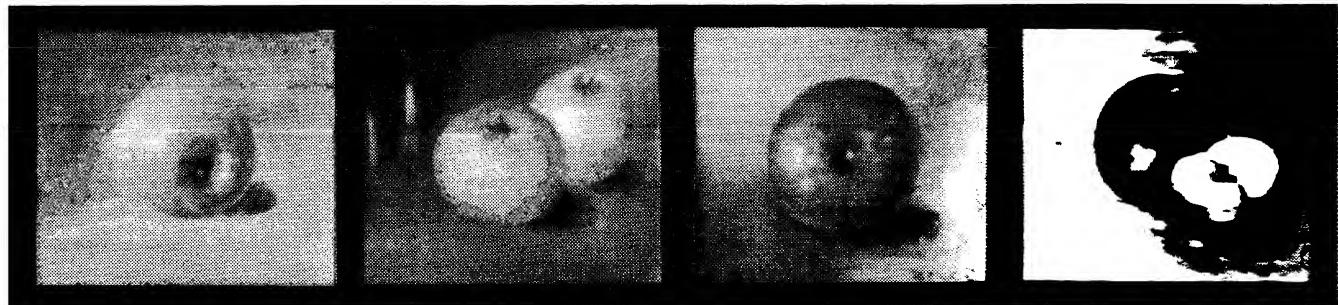
insect problems.

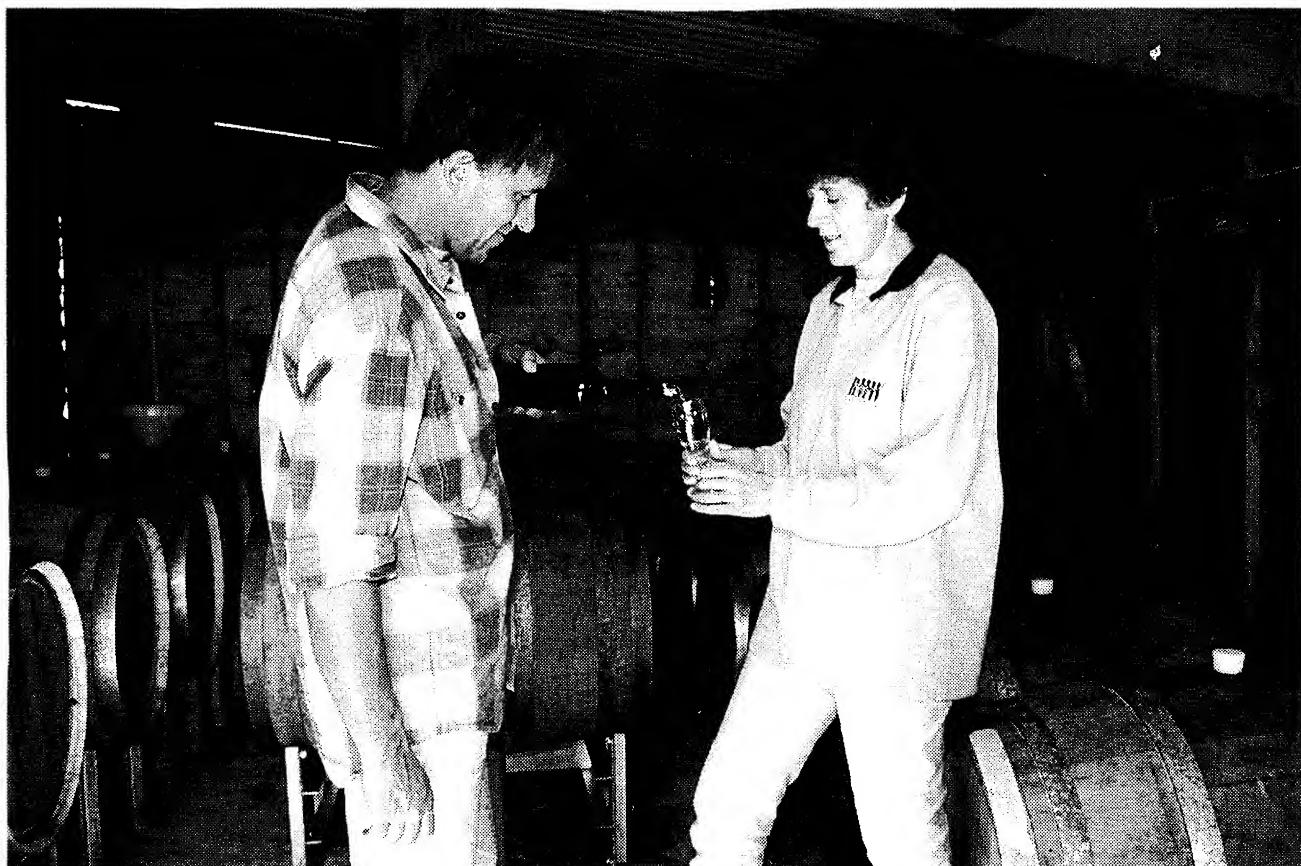
The combined factors of the climate here in Burra result in the cider fermenting and maturing very slowly; it just gets better and better the longer we leave it. What we have in Burra, as the French would say, is the right *terroir* for growing apples with good flavour and making them into real cider. The Garden of Eden probably had a similar climate to Burra; it was certainly in the Middle East where our domestic apples originated.

## AN APPLE FOR ALL REASONS

There is more to apples than a green Red Delicious stored for a few months in a controlled atmosphere. There have in fact been between six and forty thousand varieties of apples grown throughout history, and several hundred varieties can still be found in Australia today. The first thing to remember about apples is that for cooking one should use cooking apples; to make cider eating apples are best. There have even been special apples grown for this purpose; others have been developed for their use in decorations; and the best apples in the world is made from just one.

Plant a small apple tree like Golden Hornet, and it will be covered in beautiful golden fruit and look as a





Anthony and Susan in the cellar sampling a cider made in the traditional way – no chemicals or heat treatment, and natural fermentation.

pollinator for whatever other apples you care to plant. Throughout history apples have not only been seen as sweet, juicy globules of joy to drop into kids' school packs, but as something special to eat with cheese and a good port after dinner. I've even been told about an apple in old Hungary that was left to over-ripen and ferment on the tree before being eaten. They are said to have produced a beautiful, sweet, honeyed alcohol.

Navigating through the world of heritage apples is no easy matter. What do they look like? What do they taste like? How do they grow? Information is in short supply. When we planted our orchard of seventy varieties most of the apples we planted we had never tasted, so we adopted a simple rule of thumb: we looked up the reference books and if the apple was said to have a good flavour we planted it.

A lot of our cooking apples haven't come into bearing yet, but Kentish Fillbasket, known in Australia as Lord Nelson, has cropped – huge apples, yellow with a red blush. We cored

them, filled them with dates and raisins, wrapped the apples in short-crust pastry and then baked them in the oven. The result was the best apple dumpling I have ever eaten. I look forward to this season's crop. Another wonderful surprise was the London Pippin or Five Crowns, a large yellow apple which we turned into apple pies. The pie tasted spicy though we hadn't added any spices. Until you have eaten an apple pie made from London Pippins you haven't eaten an apple pie.

Talking of apple pies, the most famous pie apple of all is the big, green, acidic apple from England called the Bramley Seedling. We pick ours in February or they ripen into a sweet, red-blushed, yellow apple that loses its acidity. Bramleys need two other apple trees close by to set fruit. They can take a long time to come into bearing but make some of the best apple pies ever, and are also brilliant for making into apple sauce to accompany pork. Unfortunately, our Bramleys do not store well in the refrigerator crisper so we make the

bulk of our crop into cider, but to make Bramleys into apple sauce and pasteurise it would be my suggestion.

Cider apples are small and hard, not over-juicy or sweet, however, they have all the components of a well-balanced cider. Foxwhelp is a small, hard, bright red apple and is described as a vintage apple; that means it can make a vintage cider by itself. We use Foxwhelp as a vital component in our cider blends.

Considered the best tasting apple in the world, the Cox's Orange Pippin is a beautiful apple. Small to medium sized, it has a reddish yellow background with deep red stripes. The English texts suggest that Cox's are difficult to grow and can only grow on chalky soils, so I only planted a few, however, several years later they came into production and I can tell you that the best and the biggest Cox's I have eaten grow right here in Burra. That's not to say that there aren't lots of problems: they crack, crops are small, and sometimes there is no crop at all.

Cox's are delicious and have a big

aromatic flavour, but they are not the only apples with big aromatic flavours. Ribston Pippin and Reinette de Orleans both have intense, aromatic, flavours ideal for eating with cheese and a glass of port. The Reinette de Orleans (Queen of Orleans) bears small crops of flat russet apples and the Ribston bears smallish round russets and can bear quite well every couple of years.

A tree I thoroughly recommend is one that is descended from the Cox's, the Laxton Superb. The apples are large, dull green with a dull red blush. They are juicy and almost as well flavoured as the Cox's. The problem is that they can be biannual, although our trees crop fairly regularly. The tree is also quite vigorous, which I see as a bonus.

An Australian apple we grow, Tassie Pride, was a real surprise. As the apples ripened the tree became covered in beautiful bright pink globules. Tassie Pride is a sweet, hard apple, definitely to be recommended if only for the beauty of the apples. Now, if you want an early apple, try Bella Vista. We picked them this year on New Years Eve! They are sweet and acidic and the most beautiful deep red.

#### COPING WITH CODLING MOTH

Apple trees need two ingredients to set fruit with good flavour: a cold winter and a warm summer. Water and soil type are important, but to ripen the fruit and achieve the best flavour warm summers are essential. Countries such as England have been traditionally considered the home of the apple, however, eating apples are not native to England but to central Asia. In England the main problem with growing fruit is to get that fruit to ripen.

Apples, as with all fruit, have various disease and insect problems according to climatic conditions. In Burra the humidity is very low; added to that we have constant breezes blowing through the orchard and frequent frosts, with a result that pests and diseases tend to stay away. Even the dreaded codling moth has not as yet been a big problem in our orchard. Codling moth, however, is not something an apple grower can grow complacent about.

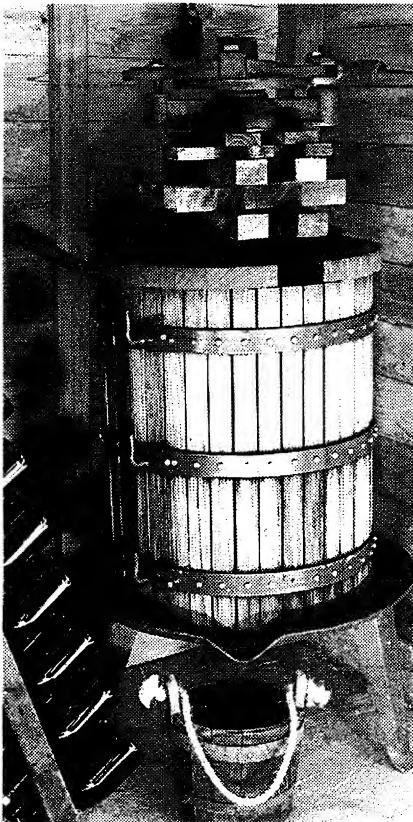
How does one deal with codling

#### ANTHONY RECOMMENDS

Early Fruiting: Bella Vista  
Favourite Cooking: Lord Nelson, London Pippin, Bramley Seedling  
For Cider: Foxwhelp, Bramley Seedling, Sturmer Pippin  
For Pollination: Golden Hornet  
Best Taste: Cox's Orange Pippin, Ribston Pippin, Reinette de Orleans, Laxton Suberb

moth? The main thing to do is to act before you have a bad problem and not to let a population of codling moths get established. Chooks will clean up the moth larvae; however, if chooks are eating the larvae then it means that you have a problem. Bands of corrugated cardboard around the trees, removed and burnt once a month, are recommended, but then again this method only helps mitigate an established problem. A pamphlet written early in the twentieth century suggested that white oil could be used once a month instead of arsenate of lead, God forbid the latter. White oil could work by suffocating the tiny grubs before they enter the apples.

Most poisons are recommended to



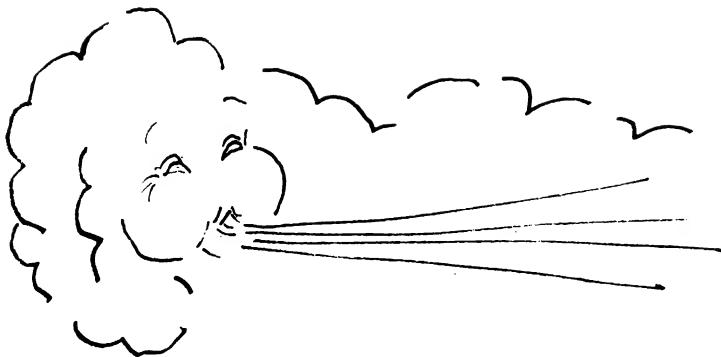
be used once a month, starting after blossom fall. Apart from the fact that poisons are not environmentally friendly, they will also kill all the natural predators. In our orchard we have colonies of spiders and earwigs and I am sure that they help to keep codling moth numbers low. There are some interesting products on the market which exploit the moth's sex drive. A small, sticky bottomed yellow plastic tent that contains the codling moth sex pheromone is readily available. These tents are designed as a monitoring device, but one or two in each tree could be used as traps. Another device is the pheromone ties from Japan. At least three of these are placed in each tree and the love-struck moths simply get confused and miss each other. These devices have been shown to work in trials, but they have never worked for me; I feel the atmosphere is possibly too dry here.

In a small orchard I would recommend a combined trap. An old jam jar containing water, honey and molasses covered with a special lid which lets coding moths in but not out and is available from some organic stores could be used. It would also trap fruit fly. Every four to six weeks white oil could be sprayed on the trees, starting at petal fall. Corrugated cardboard could be used as chooks, and perhaps even one of the environmentally friendly commercial devices. The essential problem with codling moth is that you may get the problem under control but not solve it completely!

If your trees are bad then one old technique is to scrub them clean; that is to scratch off the old, empty and crinkled bark where the codling moth larvae can find a home. The author I read recommended building compost heaps under the apple trees. Another method is to plant ginseng; yet another to grow grasses under the trees and let them flower.

The other problem we have to contend with are birds. We have tried scarecrows, hanging bird scares in the trees, shooting at the birds (an energetic task but can make a difference). However there is only one real solution, but it's expensive: nets.

Anthony the Sub Borogood can be contacted at 121 Burket St. Burra 5417, ph. 4971102.



# Wind Chimes

by Marly Wright, Maryborough, Qld.

I have searched the shops for wind chimes, 'clanging' them all for just the right tone. I found that the ones I liked were way out of my price range, and the others that were affordable were not so easy on the ear! Now, I wondered, could I make some? The more research I did, the more I was told 'No! Can't be done!' Well that was a challenge if ever I heard one, and I seem to thrive on challenges!

I began to plan out the materials I might need, and went shopping. The local second-hand shop was where I headed first. I only found disappointment there as they had recently had a cleanout and had taken all their old piping to the tip! So, next on the list was a local timber and hardware shop, and bingo, they had just what I was looking for! So here I was with aluminium pipe and a look of triumph in my eyes. While I was loading it into my station wagon, the assistant quizzed my daughter as to what I (a woman) was going to do with it. The reply he got was: 'Knowing Mother, goodness knows!' This was our secret, and if it worked then I would share the knowledge. If it didn't, then I would just put in down to experience!

When I got it home, I measured off the pieces and cut them off. I then drilled holes in them and filed down any rough edges. I polished them with steel wool soap pads and arranged them out on the floor to appraise the situation. A friend came to visit and asked what I was doing with the pipes. I told her I was making wind chimes and was promptly told: 'Well, good luck. I suppose you know that they have to go down to Melbourne to be specially tuned?' Well, that floored me! I really didn't know that! So, when my friend had gone, I took them out to the shed and locked them in it! I was so deflated that I nearly cried! I thought that I was

doing so well, but I obviously didn't account for 'tuning' – project over!

The next morning I decided to ask the 'godforce', 'guardian angel', or 'spirit guides' (whatever your beliefs) for their help and rescued the pipes from the shed. I needed something to hang them from, something to string them up with, and a clapper. Looking in my shed again, I found some old tongue and groove pine lining that I had thrown out when I refurbished my shower stall. That would do. I glued the boards together and traced out a circle. I did it the hard way as I only have very basic tools, but I managed to cut out a circle and sand it smooth. I drilled holes to take the strings for the pipes. I sanded it smooth again and gave it two coats of varnish.

The clapper was easy. After cutting it out and drilling it for the string, it was also sanded smooth and given two coats of varnish. I cut the strings to length and threaded it all up. I decorated it with glass pebbles and crossed my fingers! It was the most beautifully toned wind chime that I have ever heard. I thanked my invisible guides for giving me the courage to try. The wind chimes I looked at in the shops were priced at \$59.95, but the one I will share with you cost me \$9.95 for the pipe, recycled wood, and string from my craft room.

## MATERIALS

- one length of aluminium pipe 2 m x 2.5 cm (approximately 1.6 mm thick)
- a piece of wood for the top and the clapper
  - a length of string or fishing line
  - a hacksaw (or whatever your preference)
  - a drill and 3 mm bit
  - sandpaper
  - glass pebbles, or your choice of decoration

- varnish (I used a water-based craft varnish)

## METHOD

- Cut the aluminium pipe into four pieces measuring 53, 50.5, 48, 45.5 cm.
- File the cut edges smooth (you don't want cut fingers!).
- Drill holes 10 cm from one end of each piece of pipe. Drill right through to other side with 3 mm drill bit. File smooth.
- Polish pipes with steel wool soap pads and dry.
- Trace circle onto flat piece of wood and cut out. You might like an octagonal shape – try it!
- Trace clapper onto flat piece of wood and cut out.
- Drill holes at crosses for top circle. Drill hole at dot for clapper.
- Sand smooth. Wipe off dust with damp cloth and varnish each piece twice for protection.
- Cut four pieces of string (or fishing line) 45 cm in length, two pieces 60 cm in length and one piece 52 cm in length.

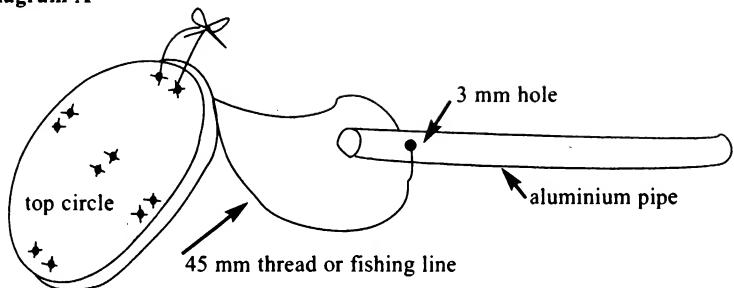
## ASSEMBLY

(See diagrams on page 10.)

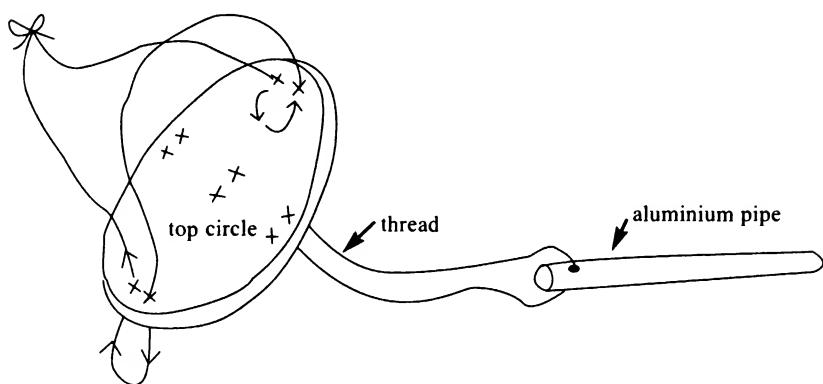
- Thread one of the four (45 cm) string lengths through each piece of pipe then through each set of two holes in the circle. Tie ends in a knot.
- Thread the end of the 52 cm piece of string up through one of the centre holes and down through the other. Tie in a knot.
- Thread one end of a 60 cm length of string down through one hole holding the pipe string, and up through the other. Then take the same end across to the opposite pipe string holes and thread the string down through one hole and up through the other. Tie in a knot with the other end.
- Repeat with the other 60 cm length of string in the holes opposite.

## STEP-BY-STEP GUIDE

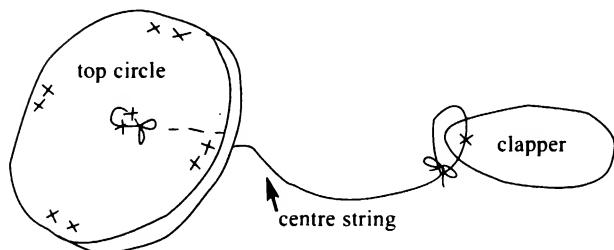
**Diagram A**



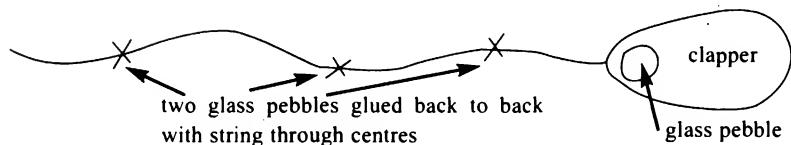
**Diagram C**



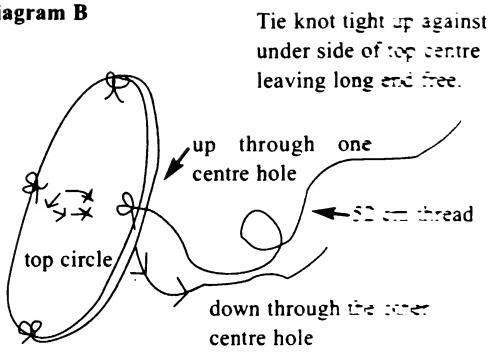
**Diagram E**



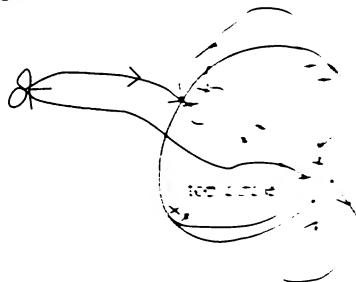
**Diagram G**



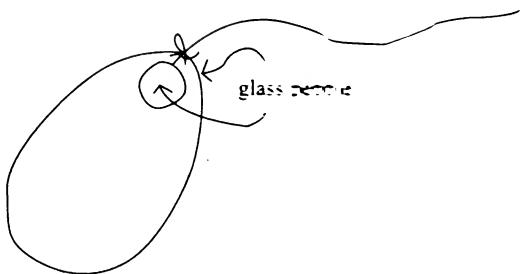
**Diagram B**



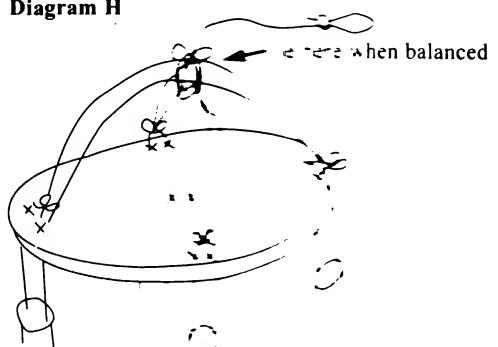
**Diagram D**



**Diagram F**



**Diagram H**





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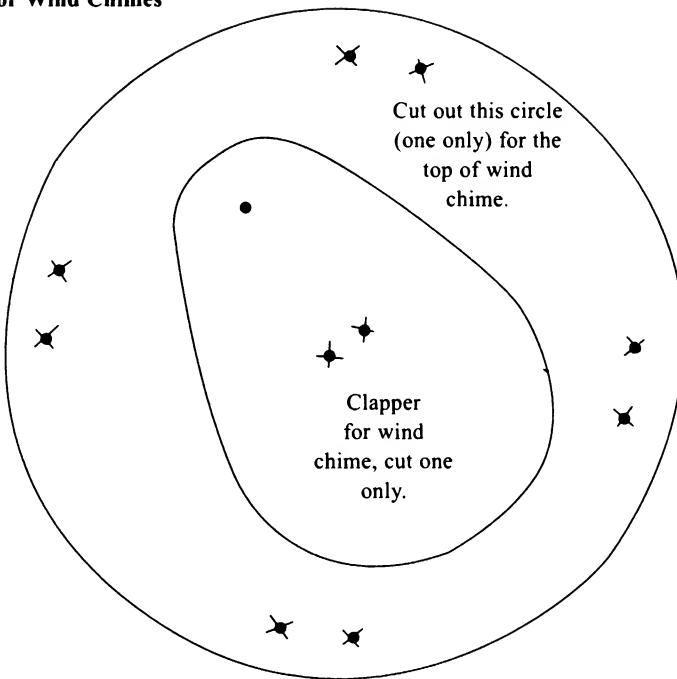
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**Pattern For Wind Chimes**



• Thread the long centre string through the hole in the top of the clapper and tie off tightly.

• Glue glass pebbles over string hole each side of the clapper.

• Glue three sets of two glass pebbles (the same colour) over the centre string at equal intervals.

• Lift up your wind chime by the top strings and find the centre. Tie a 20

cm piece of string in a knot tightly at the centre, then tie a loop in the other end.

• Put a dab of glue on each knot and slip the knots into the holes by pulling the thread through gently.

• Decorate the top circle as you wish, and when the glue is set, hang your masterpiece in a windy spot, and enjoy. ¶

## KEEPING UP YOUR IRON LEVELS

Anaemia is an unpleasant condition often found in teenage girls, pregnant women and nursing mothers. In young children and babies iron deficiency can lead to long-term physical and intellectual problems. Here are some simple ways to ensure your iron levels are nicely topped up at all times.

**Tea:** Make sure you don't drink tea with meals as its tannic acid reduces iron absorption.

**Eggs:** Eggs are a good source of iron and B12, another essential if anaemia is to be avoided. You can have three or four a week.

**Vitamin C:** More iron can be absorbed if we include vitamin C at the same meal. So include tomatoes, oranges, capsicum etc with each meal.

**Cereals and pasta:** Particularly if

you include wholemeal pasta or flour, you will be adding iron to your diet.

**Greens:** Green leafy vegetables are a good source of iron. Though less easily absorbed than iron found in meat, absorption remains safely regulated and does not lead to increased free radical activity. Make sure greens are lightly steamed or used in salads as prolonged boiling reduces their iron content.

**Nuts:** These are a great to include in salads or desserts for a quick iron fix.

**Beans:** Dried beans contain plenty of protein and iron so eat more products made from pulses, like chickpea flour (besan), tempeh etc.

**Chocolate:** Although not encouraged every day for obvious reasons, chocolate and cocoa are great sources of iron so enjoy them! ¶

# To Pee Or Not To Pee

by Jose Robinson, Pomona, Qld.

Nitrogen in the garden is one requirement we can't do without. Our plants thrive on it and our soil responds readily to it. The human body produces a regular stream of nitrogenous fertiliser each day, and it is free. With a small personal effort we can transform this so-called 'waste' into a valuable resource for our gardens. Urine also has a high potassium content and contains all the other minerals discarded by the body. The millions of litres of urine flushed down Australian toilets each day represents a humungus waste of energy, to say nothing of the incredible waste of fresh water.

Putting a bucket next to the toilet in the bathroom is perhaps a little distasteful, but what is wrong with a covered bucket in a private corner of the garden, screened by a shrub or two? Not too good in wet weather you may say. Well then, how about the garden shed or garage? What did Adam and Eve do with theirs?

My 'pee station' is screened behind two citrus trees and they won't tell! It requires little effort to take a walk behind the lemon trees and check on the garden progress at the same time. Okay, you say, what about after dark? Well I must admit that after sundown I succumb to the luxury of the en suite.

Distributed on the garden at a ratio of at least five parts of water to one part urine, this wonderful resource has amazing results. The average human produces approximately 1.5 litres of urine each day, give or take a bit, depending on how much extra liquid you consume. This daily energy-efficient home production of soluble fertiliser does not require the killing of animals as does all the blood and bone fertiliser obtainable commercially from that other high energy inhumane system. These systems all use non-renewable energy to process, package and transport.

Some schools of thought say urine is best used fresh, others say leave it stand twenty-four hours. I like to use mine fresh and dilute it immediately in

the plastic bucket kept for this purpose. After some delay, if there is a smell it means it is losing nitrogen.

Added to high carbon materials such as old mulch, leaves, sawdust, or hay, the ammonia dissolves in the water and the composting organisms fast consume it, preventing its escape to the atmosphere. Different sections of my garden all eagerly await their turn for this commodity.

All leafy green plants and rapidly growing annuals appreciate the soluble nitrogen. For newly transplanted seedlings, I break down the mixture even further by making a brew of one to ten. They love it and respond immediately.

Plants like peas and beans (legumes) make their own nitrogen, so I don't waste the pee on them. Some gardeners say slugs disappear never to return if you regularly use pee on the garden. Vegetables like onions, carrots, peppers and potatoes kick into overdrive after receiving an injection of the soluble 'gold' pee. Celery too loves the attention.

In our tropical area, as long as we have rain, we have a very rapid breakdown of mulch. The residue of exhausted annual crops provides fresh homes for the micro-organisms which grab the nutrients from the urine.

For basic permaculture gardening which involves continual observation, learning and responsiveness, designed polycultures, mulches of living and decaying vegetation, and species appropriate to the site, the use of urine creates even more productive cycles.

Human urine from healthy specimens is usually sterile and safe to use on gardens. However, if a person has any kind of bladder infection, don't use it. We all know human faeces is not suitable to use in gardens owing to the contamination of pathogens. If you feel squeamish about adding your own urine directly to your garden, you can always add it to your compost pile, especially if you have a reasonably high content of old hay, sawdust and



other high carbon materials.

Over the considerable number of years that I have used pee on my garden, the whole system appears to have increased markedly in dynamic balance and vigour. The plants feed me and I feed the plants. The whole connection seems to have connections of peace and harmony. \*

## TENSION SQUARE

Need to knit a tension square with your handspun but don't know what size needles to begin your sample with? Fold a loop of your spun yarn and push it through a hole in your needle gauge so that the yarn fits the hole snugly yet still

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# MOVING TO THE COUNTRY

## Can You Afford Not To?

by Heather Kozak, Dellicknora, Vic.

Each time I read a copy of *Grass Roots* I notice at least one letter in the Feedback pages from someone bemoaning the fact that although they dream of moving to the country, they can't possibly afford to. I understand how they feel. I came from a background of abundant human resources but very meagre funds, however, I feel in a good position now to preach some positive thinking about the self-limiting prophecy of lack of funds.

I lived frugally for years while working in a variety of jobs, including washing dishes for a while, saving what wages were left after paying board. I learned to want only what I could afford, and bided my time until a property too small to be of interest to the local farmers came up for auction. The few apathetic onlookers thought I

was crazy for wanting to buy the old place, but I was 'crazy like a fox'. The property was the ex-Bonang school, complete with power, phone and water, on one private acre. It boasted big old gum trees, matching boys' and girls' toilets, two shelter sheds, a levelled grass tennis court and separate netball court, tall panelled colonial windows and an open fire. Unconventional properties are often difficult for agents to categorise and sell, but their problem may just be your solution.

The bidding was desultory, and I left that day the proud owner of a unique piece of Bonang's history for the princely sum of less than \$15,000. One and two acre blocks in the Bonang/Bendoc area have sold for as little as \$500 at poorly attended 'rates recovery' auctions held by the local



The 100 year old schoolhouse at Dellicknora, one month after moving in.



And eight months later burgeoning vegie crops provide free food. The schoolhouse cost \$3000, the food was even cheaper.

council. Weekly rental for farms and charming mudbrick houses with land and permanent water starts at \$30 and peaks at \$100 in this region.

The obstacles in our paths are sometimes inadvertently placed there by ourselves. Are your expectations realistic and attainable? Do you long for a 20 square mudbrick mansion when you only have a chook shed budget? Why not build the best darned chook shed you can, even resorting to moving in with your feathered friends until a lean-to can be knocked up on the side? From little gumnuts mighty gum trees grow. Who knows, once a start has been made you might end up one day gazing down at that original chook shed from the upper storey window of your mud mansion.

If you own your house in the city you can afford to do as you please; town real estate prices being so much higher than country ones. If you don't own a house, the likelihood is that you are renting or paying board, so what's stopping you paying cheaper rent for more space out in the bush? Absentee owners, who only want a 'token rent' in return for the security of having someone on the property, are common. They can be tricky to find though. Advertising for tenants is usually done through word of mouth, community newsletters, or tiny local newspapers. It would be a good idea to subscribe to any publications possible in the districts that you are interested in moving to, giving you insider information and first crack at the opportunities.

If you are receiving a pension of some sort, there is little reason why you can't continue to do so out in the wilds. Because you will have the garden space to be at least partially self-

sufficient, your dollar should go a lot further than it did before.

If you are ill or infirm and worry about the availability of medical care, consider how long it would take an ambulance in the city to negotiate peak hour traffic, locate your address, renegotiate the traffic and deliver you to a huge, impersonal hospital to be treated by ever-changing shifts of harried strangers. My ambulance would be parked idly at the Delegate Hospital (34 kilometres away) awaiting my call, whereupon it would speed along wide deserted roads; know exactly where to come to; zoom back to deliver me into the hands of medical staff who know my name and history; and feed me home-style meals while I luxuriate in a huge private room with views of the mountain ranges fronted by a lamb cropping the hospital lawn.

You could create your own employment in a multitude of creative ways, or live outside a country town and travel in for work. Remote areas are well looked after in terms of adult education: in Victoria we have Neighbourhood Houses and ACFE; other states would have similar schemes where people can extend their education and learn new skills. Our community has been provided with a computer technology centre, making access to computers and Internet possible for those who otherwise couldn't afford it. We pay \$5 per day for a wide variety of classes that would cost hundreds of dollars for the same level of tuition in town; even so, classes are often scraping for student numbers. Some people complain that they are lonely, or need a job, or are bored, and yet there are opportunities like these classes going begging. I often hear the excuse, 'Oh, but I'm no good

at painting/car maintenance/whatever.' That is the point of the class, after all, to learn something that you don't know, not to display instant proficiency.

ACFE employs tutors from the local community as well as importing them from towns, so if you have nothing to learn perhaps you could teach others. We have had beer brewers, hide tanners, computer whizzes, retired artists, herb growers, honey makers and European cooks as tutors, all mined from our local resources.

Money is a peculiar substance - we can spend an amazing amount of it in pursuit of more. The act of driving somewhere to buy foodstuffs costs us for the petrol, the percentage of depreciation of the vehicle, a chunk of our precious time, the food and the unwanted packaging, the wages of the shop attendant, and the damage to our world from the by-products of mass produced comestibles. Making or growing anything yourself takes you out of the loop, actually creating profit if you agree with the above statement. The rat race can cause us to lose sight of the fact that we would still survive if we lived in a cave, as long as we had berries, a creek and a fire.

What if you find a cottage and land at a rent you can afford, but your finances won't stretch to running a car? By extensive research and choosing your location carefully, you could avoid the need for a vehicle, walking to town, hitching a ride on the school buses, or riding. What? Can't afford a bike or horse? I've salvaged enough old bike parts from the tip to make a new bicycle three times over, and neglected or outgrown horses are often free to a good home. So don't dream it; be it. You can't afford not to. \*



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# I WISH SOMEONE HAD TOLD ME ABOUT FLEAS

by S Wilson, Gippsland, Vic.

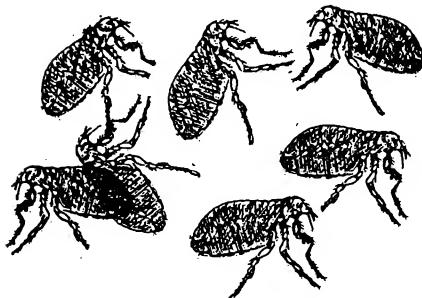
Fleas were one of the things that nobody told us about when we bought our property in Gippsland some years ago. There were many other things too which nobody told us about, mainly, I suppose, because we didn't know what questions to ask. But fleas! If I'd known about fleas I would have been better prepared for them.

After our first night in our new home, a very old and basic building with additions in the lean-to category, we were a sore and sorry lot, not to say very itchy. Husband, wife and three children (then five, three and five months) had many bites to contend with. From then on began The Battle of the Fleas.

All beds were stripped and a search and destroy mission undertaken. My mother advised that holding the blankets to the light would reveal the culprits. It did – dozens of them. Floors were vacuumed, again, and again. The floor coverings were washed, this time with phenyle. When other children went to bed smelling of Johnson's baby powder, ours went to bed smelling of Kix flea powder! The Battle of the Fleas was also being fought on other fronts.

Included in our farm purchase were a number of beautiful free ranging Wessex Saddleback sows, with ringed noses. These pigs enjoyed wallowing in a putrid cesspool near the house, and sleeping in the stirred up dust under the house (pigs *do* go bump in the night), or in the loose hay in the open-fronted haysheds. If we were foolish enough – from absolute necessity – to enter these haysheds, we were immediately engulfed in an immense cloud of black biting fleas. We would then rapidly flee!

The first job was to remove the host pigs from the house and shed areas. No fences existed and our free range pigs resisted vigorously every effort to restrain them. Eventually we did suc-



ceed in locking them in their respective pens and yards.

The haysheds were sprayed and the house surrounds too. Dog was treated, and his bed liberally laced with wormwood, which we still use today most effectively.

Result: haysheds free of fleas, dog free of fleas, and, with added watering around house (fleas thrive in dust) and a pig-proof fence (necessary because these pigs of ours could have taught Houdini a thing or two), the house yard was now free of fleas.

But, the house wasn't free of fleas. Our beds were still stripped and searched daily, floors kept scrupulously clean, but still we had fleas in the house. There seemed to be no solution and I was despairing. There seemed to be no reason why the successful flea destruction of outside couldn't be duplicated on the inside.

About this time our budget expanded to include new lino for the kitchen. The incumbent covering was faded, patched and dreary, so we pulled it up prior to replacing it with a bright geometric patterned lino. As the lino was systematically removed, so, systematically, did the fleas appear in droves. We'd found the source of the inside infestation at last. In every dust-filled join in the old timber floor thousands of fleas had found a secure dwelling place.

For many weeks the new floor covering remained in its neat roll while I washed and rewashed that floor. One wonderful day we decided that the

floor, and consequently the house, was now flea free. The new linoleum soon covered the old wooden floor, and the saga of the fleas had come to an end, thankfully.

We have never since been troubled by fleas, although we have indoor/outdoor cats and we've always had a dog around the house yard. By housing the pigs and spraying them and their habitat, we obviously broke the cycle of flea breeding. Later our pigs again free ranged, but not around the house and sheds, and from that time they also remained flea free. ¶

## SAFE FLEA TREATMENTS FOR CARPETS

Low-toxic sprays are the best way to deal with flea-infested carpets. Try mixing any of the following with water: pennyroyal, wormwood, fennel, mint, or natural pyrethrum. Make sure you also spray the animals' bedding. Alternatively, have your carpet steam cleaned a few times in succession. ¶

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# From A To B In NT

by Raymond Taylor, Darwin, NT.

The story 'Tips From The Travelling Trio', GR132, mentions their preference for daytime travelling. The article mentions that night driving is dangerous in their opinion. I wonder if it's more the driver behind the wheel that the danger comes from, than the time of day/night. Most danger seems to come from a driver who has not checked the air pressure in the spare tyre. I always stop and ask folk stopped on the side of the road if they need help, a tow start, or a loan of tools. 'He forgot to check the spare,' most wives/partners say.

A decade ago, when talking to a much travelled Top Ender, he said he always travelled at night. Yes, like the Travelling Trio, I too raised my eyebrows. Subsequent personal experience, however, confirmed this advice.

## ADVANTAGES OF NIGHT DRIVING

- Headlights tell you of approaching vehicles, so you have adequate time to take appropriate action, slow down or move far left on the road maybe.
- On the Mt Isa to Camooweal road blind spots are not blind, as car lights tell you well in advance of their approach.
- There is less traffic. Recent wet season night travel enabled us to take the middle of that road, not put even the left wheels in the mud, as no other vehicle commandeered that narrow section.
- Back seat drivers go to sleep when their position (seat) is inclined and pillows provided, so the driver can fully attend to his/her task.
- Passengers (and drivers) are more comfortable, as the sun is not beating on them and there is no glare. The dust is less, as passing traffic is reduced when the sun descends.
- Vehicle advantages in cooler temperatures at night: easier on tyres and fan belts. Air conditioning is off, thus saving fuel.
- Nighttime is fantastic: the sky is superb with shooting stars, soft light as

dawn approaches and superb sunrises.

- Rest areas are well marked on free maps and sometimes one may lie down and catch forty winks, after the vacuum flask has been imbibed.

- Roadhouses on the main routes are not crowded out with tourists, and staff welcome a leisurely chat.

- Australian wildlife, native and exotic, is the bonus of night travel. Pigs with their litters of littlies, sheep, colourful cattle, wild cats, delightful dingoes that dare to stare. Foxes so graceful you stop the vehicle and it's your turn to stare and wonder at their natural beauty. Roos that obligingly stay in your headlights so you marvel at their graceful movement, so rhythmic.

Travelling Trio are to be commended for their many useful tips they have given GR readers. I like the plugs and coins tips, also the plumbing one.

We are all individuals; listen to all prepared to give travel tips, digest them, then act appropriately to suit your own life. Drink and speed are a more dangerous combination than is the time of day you travel. Keep your speed down then car and driver will wear well.

## GENERAL TRAVEL TIPS

- Jerry cans are heavy, expensive and do not pour well.
- I use 20 litre white spirit drums, free from printing firms; they are light and stack on each other well. Fill to say 18 litres for ease of handling. Leave the caps not-quite airtight to allow for expansion and contraction. Use a good petrol funnel.
- Write with felt pen on top of drums your estimated kilometres. Mine have 300 km for near full.
- You don't need a powerful vehicle, our 1500 cc s/w Nissan is adequate.
- Petrol: Fill up where low priced. For example, in Brisbane it's 57 cents per litre, whereas in the centre of NT it's near \$1 per litre (mid-1999 prices).
- Tyres: Approximately 5 lb per square inch more pressure than the

## TYRE TIP

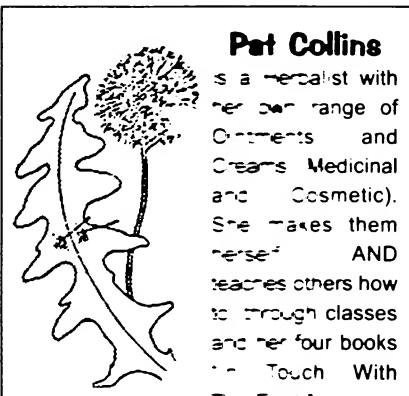
- Inflate to 26 front - 28 rear.

- Drive one hour.
- Check pressure.
- If pressure increased, tyre was underinflated to start.
- Rest, cool tyres.
- Pump to pressure it was when hot.
- Do this several times.

Note: If tyres do not build up pressure to start, they were overinflated.

recommended 26 front to 28 rear.  
Check spare.

- Animals: Once you see a sign and/or one animal, choose the appropriate speed.
- Talk to everyone, all have relevant information.
- In the morning, preceding our Xmas '98 trip, for the first time I took a sleeping pill - tops.
- Adjust your program to suit any passenger(s), and for accommodation, get a quote before you move in. \*



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# Breeding Small Cattle



## Kyrhet - Australian Miniature Cattle

by Donna & Hugh Anthony, Yandina, Qld.

We became interested in the concept of breeding small cattle as we watched the ever-increasing subdivision of large properties into smaller acreage farms. Though we began breeding our miniature coloured cattle just as our own hobby in the early eighties, it was inevitable that the demand would grow. People were intrigued with, and often critical of, our idea of producing smaller stud cattle, while on the large land holdings the idea was to breed bigger animals. It was really just a natural progression of changing with the different needs of different situations.

Not happy with just the idea of small, our dream was to achieve genuine miniature cattle. We then decided to speed up the process by using an imported Dexter bull, and increased our herd with a number of registered Murray Grey cows. It was only a matter of time before we bred our own little bull, very small but with good solid bone and our desired white markings. We were now really on the way to having our own little breed of cattle displaying the qualities we wanted.

The breeding program began just south of Cairns, until family and an assortment of livestock moved down to the Sunshine Coast hinterland, in south-east Queensland. The results of our selective breeding, and rigid culling, can now be seen on our lovely little farm at Yandina. *Bos indicus* blood was introduced for tolerance to tropical conditions and external parasites. The introduction of Friesian and Hereford foundation cows brought in variation of colour, which added appeal to the Kyrhet cattle. These little chunky cattle attract attention from all around Australia and overseas, with the demand far outstripping supply. That they are unit productive is shown by the fact that 40 head of cattle are now running on 16 hectares. We like to keep the numbers around 30, with some fluctuations as new calves come along and others are sold.

Until this stage of our program, Dexters had been the only small breed available. Then Lowlines were developed from breeding the smallest stock of the Angus cattle, and other breeds

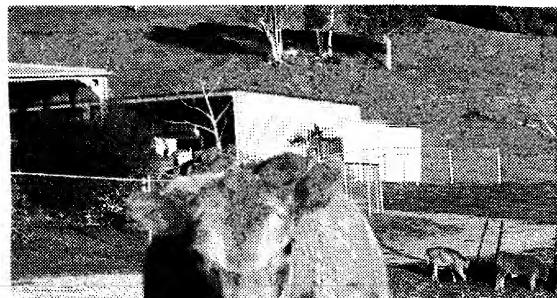
were later imported from overseas which meant a good variety of small cattle breeds. We stayed with our aim of miniature (not just small) and coloured, as the Dexters and Lowlines were predominantly black. Also, we wanted an affordable product, as the majority of purchasers of our cattle just wanted small animals that could pay their way in milk, and even meat, for their family. Less milk is produced from the average small animal, but we are milking eight litres from our little milker of the moment, and that is more than ample! Often, when we're lazy, we'll leave the calf on the cow and just milk what we want in between the calf's feeds.

Even with milking a minimum amount daily, a cow has paid for itself in the first year, and you still have many years of milking ahead, as well as a calf produced each year.

Our miniature cattle are enjoyed for their pet qualities as well as for their practical uses, for those wishing to attain a high level of self-sufficiency in their lifestyle, as we did. Our cattle

Right: Australian Miniature Cattle are stocky little animals with docile temperaments and high productivity.

Below: The variety of colours and markings make these cattle a constant surprise for breeders.



have a lovely docile temperament, which allows us to gain great enjoyment from our 'house cows', with all the practical bonuses that come with them. Good healthy milk and butter are the basics, and there are always new recipes to try with ice cream, cheese and yoghurt. They are advertised as an 'affordable alternative', and they are just that, with costs depending on factors such as age and sex.

There are now a number of breeders of these Australian Miniature Cattle, and a 'Moo'sletter' is sent to those interested. If we can't supply the cattle that people want, we refer them to other breeders. They are a friendly bunch of people and we all like to keep in touch with each other and exchange news of new arrivals and such. With the variety of colours, it is always exciting to see what calves are produced; each person has a colour preference in these square little animals, adding an extra dimension to their appeal.

The size of our Australian Miniature Cattle eliminates the need for heavy complex fencing and yards, and ensures a pleasurable experience for those people who have not had any past experience with handling cattle. When cattle are sold, information is given on basic care and handling procedures to ensure happy healthy animals. New breeders know they can call us at any time if they have any concerns or problems, or just for suggestions on such matters as fencing and pastures.

Our animals are registered with the International Miniature Cattle Breeds Society, and must conform to the standards set down by this Society. Not all people are interested in the registration side of the cattle. They may just have a couple of smaller style cows, such as Jerseys, and want to get an Australian Miniature bull. This will allow them to gradually bring down the size of their own cattle, while hav-



ing cows calve each year and continue their milk production.

To produce these Kyrhet Australian Miniature Cattle, every facet has been investigated, from looks to temperament to productivity. Even though they are so small, we have aimed to achieve solid little poll (no horns) animals with individual character and appeal. The patience over the years has paid off and by sticking to our original objectives we have been extremely successful. The end result is an adorable, productive little animal!

Interested persons may contact Hugh or Donna Anthony on phone/fax: 07-5446-7049, or email [kyrhet@bigpond.com.au](mailto:kyrhet@bigpond.com.au)

For more info check out the website at: <http://minicattle.com.au>

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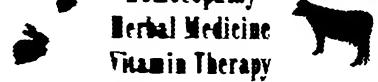
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# THE POMEGRANATE

## More Than A Multitude Of Pips

by Paula Wilson, Thomastown, Vic.

When I was a teenager living in Adelaide we had a pomegranate tree growing smack bang in the middle of our front yard. The fruit was picked and eaten straight from the tree, in the misinformed belief that when the fruit split it was the best time to wrench it from the branches. We sucked the flesh from a multitude of pips before practising our pip spitting skills.

The pomegranate is a large deciduous bush, or small tree, four to five metres tall. But it can grow up to six metres with pruning and training. They can be slightly thorny, especially on the tips of the branches. The leaves are narrow, glossy and, when young, a bronze colour. This bronze colouring makes the dwarf nonfruit-bearing species an attractive ornamental shrub.

Spring brings masses of orange, red or yellow bell shaped flowers which continue to blossom through until summer. Clusters of up to five rigid waxy flowers grow on the one axillary shoot. There are single or double flowering varieties available.

Five to seven months after blossoming the yellowish/deep red fruit is ready to harvest. The best picking time is just before the fruit is completely ripe, not when they begin to split. They can then be stored in a well ventilated place where the juice will become sweeter as they continue to ripen. The fruit is about the same size as an apple. Thick leathery skin contains many seeds covered in crimson flesh.

Children have been spitting pomegranate pips for thousands of years. The tree and its fruit were mentioned in the land Moses promised the Israelites and became a symbol of hope in Christian art. Solomon was said to have grown orchards of the pomegranate and sung of them.

One version of the Greek legend has it that Pluto abducted Persephone, the daughter of Zeus and Demeter, and spirited her off to his kingdom, the underworld. Demeter talked the gods

into returning her daughter. But Pluto tricked Persephone into eating the pomegranate, the fruit of the dead, and the gods deemed she spend four months in the underworld before returning to earth. While Persephone was in the underworld the flowers and crops died, but upon her release and return life blossomed once more. The pomegranate came to symbolise fertility, death and rebirth.

During the Moors' invasion and settlement of Spain, in the eighteenth century, they planted an avenue of pomegranates in Granada. A cross-section of the fruit was included on Granada's coat of arms.

Originating in Iran and spreading into the Mediterranean area, the pomegranate is now grown throughout the world. It will grow in all states of Australia, but only New South Wales is moving towards growing it commercially.

It likes long hot summers without rain or humidity, although it will grow almost anywhere. During winter it is hardy enough to withstand frosts and can survive heat and drought in the summer. Despite this, both low temperatures and humidity will affect the quality of its fruit.

Because the tree is tolerant of windswept conditions, it grows well when planted as a hedge. However, it is equally at home grown in tubs, particularly the dwarf varieties with their masses of small red flowers.

The uses of the pomegranate are not confined to the fruit; every part of the tree is productive in some way. For thousands of years it has been valued for its medicinal qualities by herbalists and in Chinese medicine. The astringent properties found in the bark make a vermifuge which destroys or expels intestinal worms. The juice also has a cooling effect and is said to reduce fever. The rind is a rich source of tannins, used in making leather. Both the rind of the unripe fruit and the flowers



produce a red dye.

Not many people realise the culinary qualities of the fruit. The skin is very bitter, but, once removed, the flesh gives up a cooling juice that has been used since before Solomon sang of it. It is also a chief ingredient in grenadine syrup which is added to flavour wines, cocktails, carbonated drinks, conserves and confectionary. To make grenadine syrup combine equal parts of juice and sugar, leave to stand for two days. Then bring to the boil and simmer for five minutes and strain into sterilised jars and seal. The juice can also be used in sorbets and jellies and combined with other fruits to make sauces.

Whenever using the fruit be careful not to bruise or break the pips as they tend to become bitter. If you harvest the fruit by cutting with a small piece of stem left attached, this will help avoid bruising.

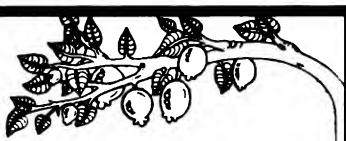
Despite not being as popular as other fruit-bearing plants, the pomegranate has many more uses than the neglected tree which once grew in that front yard in Adelaide and gave us practice for the Seacombe Heights pip spitting championships.

#### GROWING TIPS

- Grows in a wide variety of soils and situations but does best in well-drained ordinary soil.
- Can be raised from seed or cuttings or bought commercially.
- Plant cuttings or suckers in winter, in deep, well-drained soil.
- Plant five to six metres apart.
- As a hedge plant two to three metres apart.
- Should be mulched annually with rotted farmyard manure or compost.
- Bears fruit three to five years after planting.
- Fruit matures five to seven months after blossom.
- Light pruning is required to remove suckers, encourage new growth and make the centre of the tree accessible. ☺

#### NEWSPAPER MULCH AND INK TOXICITY

Many people are concerned about toxicity levels when using newspapers and cardboard as composting mediums. Good news is at hand. Apparently the heavy metal levels in recycled paper mill sludge are extremely low when paper is de-inked and recycled. In fact the levels are even lower than in most soils; so using newspapers and cardboard as mulch are likely to reduce heavy metal concentrations in your garden. ☺



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# KITCHEN CAPERS

by John Mount, Woodford, Qld.

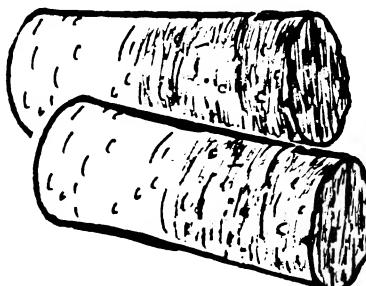
Have you ever defrosted frozen fish and, after a lot of specialised cooking, you and your dinner companions find yourselves sitting there chewing on what might as well be cotton wool for all the taste (or lack of it) there is? Because of the loss of flavour caused by the freezing process, few people will purchase frozen fish. However, taste can be retained in frozen fish if, after freezing, the fish is left to thaw in a bowl or container of cows' milk. Just pour in enough milk to cover the fish and allow it to sit until it defrosts.

Ever had to remove a cork from a bottle without a corkscrew? It's not easy I can assure you. However, if a large woodscrew is screwed into the cork, a pair of pliers or a piece of cord tied to the screw should remove the recalcitrant cork. Speaking of corks, ever tried to re-insert a wine cork that has become bloated or swollen? Just boil it for a few minutes in water and it will soften enough to allow itself to be squeezed back into the bottle. The boiling process also sterilises the cork.

Like to make an excellent substitute for whipped cream with far less calories? Take a nice fresh banana, slice and add to it the white of an egg, beat until stiff and creamy. It tastes great!

Old kitchen saying: Too sweet? Add a little salt! Too salty? Add a little sugar!

The following recipe for a wedding cake was found in an old church recipe booklet dated at around the turn of the



century. It is an interesting recipe that I can absolutely guarantee won't be found in any modern recipe booklet:

Take 4 lb (2kg) of love  
1 lb (½ kg) butter of youth  
½ lb (¼ kg) of good looks  
1 lb (½ kg) of sweet temper  
1 lb (½ kg) of blindness of faults  
1 lb (½ kg) of self-forgetfulness  
1 lb (½ kg) of pounded wit  
1 lb (½ kg) of good humour  
2 tbsp of sweet argument  
1 pint (600 ml) of rippling laughter  
1 wine glass of common sense  
1 oz (30 ml) of modesty

Put the love, good looks, and sweet temper into a well-furnished house. Beat the butter of youth to a cream, and mix well together with the blindness of faults. Stir the pounded wit and good humour into the sweet argument, then add the rippling laughter and common sense. Work the whole together until everything is well mixed and bake gently forever. ☺

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# Poultry Paradise and Wild Duck Haven

by Jodie Kewley, Red Hill South, Vic.

**Margaret Itman is passionate about poultry. Even with hundreds of her own birds to care for, she has compassion enough to give sanctuary, and food, to an equal number of drought affected wild ducks.**



You would think that a woman living in a small coastal community would be at pains to keep her love affairs quiet. Not so Margaret Itman whose 'boyfriends' are not above crowing about their hold on her affections and, in some cases, on her house. Her partner, Peter Kurz, is understanding (although he sometimes complains about the mess his rivals make!). If he has a complaint it is that he wishes Margaret would show him the attention she lavishes on them.

Peter's tolerance is borne of the

fact that he is as passionate about birds, wild and domesticated, as Margaret, and is an active anti-duck-shooting campaigner. Of their 80 acres in Mallacoota, two are set aside for birds which usually number about 700 and include 26 breeds of chicken, including the rare Millifleur, Silver Sebright and White and Black Poland, six types of duck, Tufted and Chinese geese, guinea fowl and turkeys. In 1998 their bird population almost doubled as a result of a drought which brought flocks of wild black and

wooded ducks to their dam, seeking food and water.

'For them to come so close to humans showed how desperate they were,' said Margaret. 'When summer came the creeks and grass dried up. The ducks were pulling leaves off the trees.'

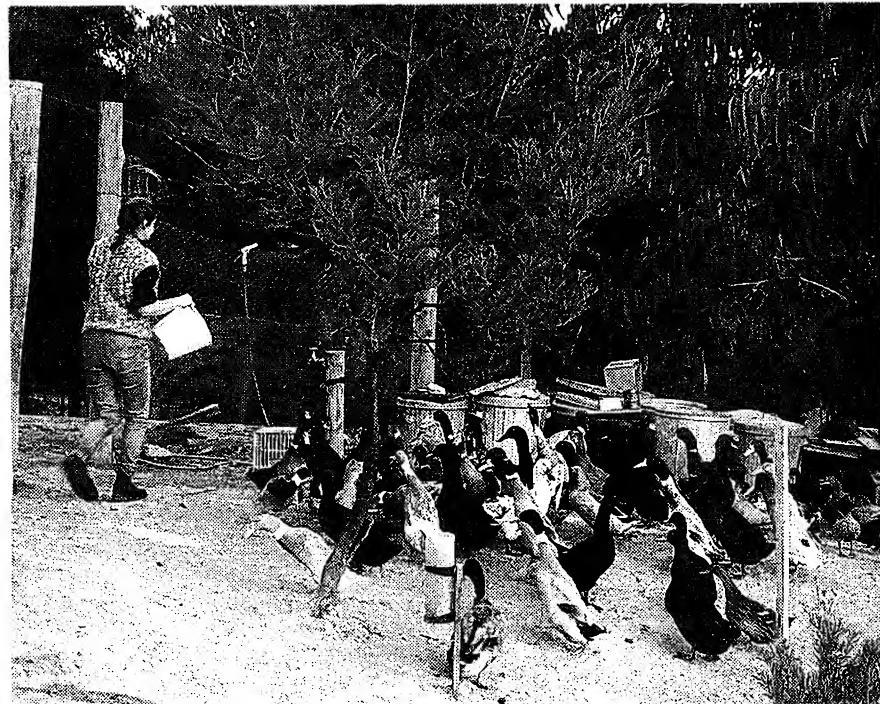
In April '98, Margaret dispersed three tonnes of pellets and two of wheat, at a cost of \$300 per tonne. She expected their annual bill to be around \$14,000, an amount funded by holiday makers who pay to stay at the adobe (mudbrick) cabins on their property.

'Without the guests we could not have afforded to keep the birds,' she said. 'So we were very grateful to them.'

But the cost was not simply financial. To keep the birds healthy and well fed, Margaret worked from sun-up to sunset and beyond, seven days a week, feeding, watering, cleaning the chook runs ('the chook motel', as she calls it), collecting eggs (up to 220 a day in summer), doing the rounds of the local supermarkets and bakeries for scrap food etc. And there were always those birds in need of special attention, like Tusia, the blind albino guinea fowl Margaret spent hours teaching to scratch and to locate his food and water containers, and who she took with her on a trip to Melbourne because she 'couldn't expect Peter to look after him as well as run the cabins and look after all the other birds by himself.' Then there was Janeczek, the nine-year-old rooster who Margaret noticed was being bullied by the other birds and had 'lost' his crow. Janeczek was promoted to living in Margaret and Peter's unique mudbrick home (along with five ringneck doves) and rediscovered the art of crowing.

Klusiu, a turkey who was bitten by a white-tail spider six years ago, was however Margaret's favourite. 'He was my patient, my boyfriend. He liked me to kiss his warm, smelly neck. I massaged him and he leaned against me. He trusted me.' When it appeared that he might die, Margaret slept alongside him on the straw. 'He was so happy to have me there,' she explains, pressing the weighty bird up against her.

Unlike many bird breeders who are ruthless in culling birds that are not genetically perfect, Margaret believes



Margaret Itman fed hundreds of wild ducks on her Mallacoota property during months of drought in 1998.

every bird has the right to lead a full and happy life and 'to die with dignity'. As a result, she places elderly or extraneous male birds in 'the rooster paddock' where they can live out their days in peace.

Margaret's less-than-conventional attitude towards birds springs from her Polish upbringing among a family who 'were always caring towards animals, especially if they were in trouble'. Prior to emigrating, Margaret was co-manager of a piggery, about which she said, 'I loved those pigs. They were my children.' Of course the problem was parting with them. 'When the truck came to pick them up, I couldn't bear it. The driver used to tell me to go away and not watch. It was so painful.'

Upon coming to Australia nine years ago, Margaret, for once, had nothing to look after except herself. She described the feeling as having been one of freedom. But it wasn't to last. Within a week of arriving she was sitting in a suburban park when she noticed some pigeons 'who looked hungry'. At which she dashed off to the local supermarket to buy a bag of birdseed.

It is hardly surprising that Margaret and Peter were attracted to each other. An enthusiastic conserva-

tionist, Peter had planted countless native shrubs and trees on his property to attract local birds, which include rainbow lorikeets, galahs and eastern rosellas. He also kept a small number of chickens, requiring about twenty minutes of maintenance per day. Now that the ranks have swelled, the task of maintaining them leaves Peter and Margaret little time for relaxation, although they are unfailingly friendly and hospitable towards their guests (of the unfeathered variety).

Mention to Margaret that she looks as if she could do with a holiday and she will agree. 'I do need a break. I can't sleep at night unless I know the birds are happy, but I know I'm paying for it. I might go away for a few days in June or July after the rains have come and the wild ducks have left and the birds have stopped laying.'

One of the steps she has taken to ease her workload is to cut down on the birds' breeding program. She made it a policy to take the eggs from the geese before they had a chance to sit and, although she was often attacked in the process, it was the birds she felt for. 'I could understand them fighting me,' she says. 'I could hear them crying and I almost weakened.'

While clearly emotionally attached to her birds, Margaret is also philosoph-

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ical about the demands they place on her and laughed when asked to imagine life without them. 'We could be living a life of luxury,' she said. But one gets the distinct impression that without her birds, life, luxurious or otherwise, would scarcely be worth living.

In July '98, heavy rains finally broke the drought that had gripped Mallacoota and its surrounds, and all but a score of wild ducks flew away to take up their lives of old. It seemed quiet, the day they left, 'like a magic touch,' said Margaret.

It is becoming dry there again now and Margaret fears the ducks may reappear, but does not believe they will return in such numbers. When she views a video taken during the drought, she can hardly believe how many wild ducks were around.

Sadly, on November 22 '98, Klusiu suffered a stroke and died in Margaret's arms. An apricot tree is now growing from the dirt in which he was buried. ¶



### BEANS AND ACNE

Make an infusion from the pods of green beans and wash the affected area every three hours. A cup of the tea can also be drunk daily and chamomile flowers added to increase the healing effect. This is an American folk remedy and can be used for acne, eczema, psoriasis, dermatitis, herpes and other skin complaints. ¶

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# Where's My Toothbrush?

by Gaelle Murray, Taree, NSW.

There are 16 teeth in each of the upper and lower jaws and to maintain them in good health good oral hygiene is necessary. Tartar is a substance that collects around the teeth, especially along the gum line. It consists of plaque which has become calcified by mineral salts in the saliva. Regular dental visits can keep this problem to a minimum. Dental plaque is a filmy deposit on the surface of the teeth, consisting of a mixture of mucus, bacteria and food. The friction of the toothbrush disrupts the plaque/tartar formation. Listed below are some alternative cleaning and tooth care tips.

### TOOTH CARE

#### Baking Soda Scrub

Dip your brush directly into the box, or mix a tablespoon of baking soda with a pinch of salt in a cup. Then wet your brush and scrub.

#### Strawberries and Raspberries

These are excellent as a means of avoiding tartar settling on the teeth. Cut the fruit in half, then rub it over the teeth, or mash it to a pulp and gently apply with a soft toothbrush. For best results, the juice should stay on as long as possible and then be rinsed off with some warm water.

#### Lime Juice

One of the best remedies to beat toothache is to soak a wad of cotton wool with some fresh lime juice. Put it directly on top of or next to the site of pain. In five minutes or less the ache will disappear.

#### Ripe Figs

These can be cut in half and used to clean teeth by rubbing the cut side against the enamel for several minutes.

#### Rhubarb

This is high in potassium and calcium and contains some phosphorous. It will coat tooth enamel with a thin protective film. Some juice from fresh rhubarb stalks brushed on with cotton balls every other day, will coat the enamel with these protective minerals.

#### Oil of Cloves

Makes a very effective antiseptic



mouthwash. In two cups of water, put three whole cloves or a quarter-teaspoon of ground cloves, and steep for 20 minutes, stirring occasionally. Pour through a fine strainer. Use as a mouthwash or gargle.

#### Say Cheese Please

It has been found that 30 grams of cheese, preferably cheddar, eaten before meals, eliminates acid production of plaque.

#### Apples

They contain penicillin-like properties. Eating an apple every day can prevent germs that cause tooth decay.

#### Parsley

This is more than just a decorative green sprig on a plate; it does effectively freshen your breath when chewed thoroughly.

Hopefully these fruity hints will help reduce any teething problems for all ages. ¶

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# CABBAGES AND KINGS

by John Mount, Woodford, Qld.

*'The time has come,' the walrus  
said,  
'to talk of many things;  
of shoes - and ships - and sealing  
wax,  
of cabbages - and kings . . .'*  
Lewis Carroll

The ancient Greek geographer, Pausanius, reveals to us the origin of cabbages and how they grew from the sweat of Jupiter's (king of the gods) brow when a few drops fell upon the earth. Is it a coincidence then that the earliest history of the word cabbage comes from the Latin *caput* meaning head? With this story in mind, it's not unusual to find that many village and country folk of Europe and Asia hail the humble cabbage as the 'food of the gods,' and use it not only as a prominent part of their cuisine but as a medicine and salve as well.

The Brassica family of plants, which includes the cabbage, also embraces several other well-known vegies such as the turnip, broccoli, cauliflower, and Brussels sprouts. Cabbage is a rewarding vegetable to grow, despite the fact that it can take up a bit of space in the garden. Organically home-grown cabbage has a delightful and unique taste all its own. Of course, there is also the nutritional value. Cabbages contain much water (Chinese Yin food?) and are a recognized source of vitamin C.

When it's time to pick cabbages, some have suggested that instead of removing the whole cabbage from the ground, you pick only the leaves; the cabbage will then oblige by growing more. The same can be done with lettuce, endive and spinach.

Suggested companion plants to repel insect pests from cabbages are:



beans, beetroot, garlic, marigolds, nasturtiums, potatoes, rosemary, sage, and thyme. I have not yet found two authorities on companion planting that totally agree! Organic pest control of cabbage predators can include: the spreading of sawdust (burnt and unburnt) around the base to make it awkward for snails and slugs; placing old pantyhose over young cabbage heads to protect them from the cabbage caterpillar; dusting with wood ash, bread or rye flour, salt, or powdered lime to repel cabbage moths and butterflies. And finally, there are the sprays such as garlic, rhubarb, quassia, soap, etc. Don't forget - these sprays also kill gardeners' friends!

Both European and Asian village folk have, for many generations, used the humble cabbage as a medication for all sorts of maladies. It can be used for arthritis, burns, cuts, gout, insect bites, muscular pain and rheumatism. The leaves can be crushed and steeped in boiling water and the decoction used as a gargle or as an ointment. The leaves themselves, once washed, can be applied directly to the affected area. ☺

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# The Lazy Home Brewer

by Colin Gibson, Karana Downs, Qld.

I have been a keen home brewer for about 15 years and have picked up many tips during this time to help lessen the hassles associated with this money saving chore. Having tasted dozens of different brews, both commercially produced and self-made recipes, I have settled on a method which is virtually foolproof and has a very low labour input.

How many of you have tried a friend's beer (of which they were so proud) which tasted like paint stripper? This nasty experience puts most people off attempting beer making and forces them to continue paying through the nose for commercially produced beer. Take heart, you can produce a very acceptable product with the minimum of time and money if you follow my simple method.

The first rule to keep in mind is cleanliness. The most common fault with amateur beer is germ infestation. This will produce off flavours, probably what you have tasted when sampling the aforementioned paint stripper. To minimise the risk you need only be forever vigilant with sterilisation of all your equipment, including your fermentation vessel, cooking/stirring implements, bottles/filling utensils and even bottle caps. I have always used sodium metabisulphite as my sterilising solution, but you can use other products (Milton for instance).

One of the painful jobs when making beer is bottle washing, but this needn't be so onerous if you rinse each bottle thoroughly with clean water after emptying. Immediately sterilise the inside of the bottle. I use a \$2 spray bottle filled with sterilising solution which works admirably. Finally, simply up-end the bottle and drain in a drying rack, sold at home-brew shops, or make one as I did from a piece of plywood drilled to take bottle necks.

Place bottles in cartons and cover with a clingwrap until required for bottling your beer. Always clean your fermenter straight after bottling and spray out with sterilising solution to stop wild

yeast from growing on your equipment. Similarly, clean and debug your 'Little Bottler' and your tap. It's a good idea to refit the tap to fermenter and wrap with clean clingwrap to stop any insects making a home in the spout.

## METHOD

It is your choice which brand of beer you make as this is entirely up to individual taste.

- Heat four litres of water and bring to the boil in a large boiler.
- While waiting for water, warm the brew can in hot water to soften the contents for easy pouring.

• When water is boiling briskly, add 750 g – 1 kg sugar and stir to dissolve. (750 g of sugar will produce about 3.8 – 4% alcohol and 1 kg about 4.5 – 4.8%). Dextrose can be substituted (this aids in fermentation and produces a better head).

• Add a teaspoon of salt, which aids the fermentation process.

• Return to the boil and open brew pack and add entire contents. Use hot water in the can to get all the valuable mixture.

• You now have a wort (pronounced as per 'word'). Pour the wort into the fermenter (I prefer a white one for easy cleaning). Top up with cold water from the tap to a total volume of 23 litres and 'pitch' the yeast supplied with the brewpack. If using tank water or bore water, it is advisable to boil the total amount of water for 15 minutes and then allow to cool before use.

• Aerate well with a whisk or large fork to stimulate fermentation.

• Fit the lid.  
• Half-fill the airlock with sterilising solution and fermentation should begin within 24 hours.

## Bottling

• After 7 – 10 days you can bottle (leave a little longer when weather is cool). Don't panic if you have to leave it longer. (I have left brews for three weeks with no problem as long as the airlock is in place.)

• Add a heaped 5 g teaspoon of



white sugar to each bottle. (This gives you the carbonisation, or bubbles if you like.)

• I use a tool called a 'Little Bottler' (available at home brew shops) to fill bottles. This is far superior to syphon hoses and the like.

• Now wait patiently for your beer to undergo its secondary fermentation; this will take two weeks (three weeks in winter) before the beer is ready. Leave longer if possible. Try to build up your stock to enable your beer three or more months fermentation if you have enough bottles. You should get 30 – 32 750 ml bottles per brew.

Now you can enjoy your own home-produced beer. Cheers.

You will have noticed that I don't measure the specific gravity or rack the beer as recommended by some. I believe that the less tampering the better when making beer. This minimises the risk of infection. But if you must check specific gravity, please exercise care and sterilise your hydrometer etc to lessen germ risk. \*



## CABBAGE TO TREAT ALCOHOLISM

Americans are using cabbage to treat alcoholism. Patients given a diet of cabbage juice and vitamin therapy at the University of California had more success when coming off alcohol, and white cabbage extract led to less irritability and quarrels in another study. \*

# WHAT'S ON

It's hard to believe we have already reached April. And there's still so much to do! Make sure you take some time out for yourself though; one or more of these events could be just what you need. Have fun!

## NATURAL HEALTH FAIR

The third Back to Earth Natural Health Fair is being held at Cooma and will focus mainly on natural therapies. There will be plenty of stalls, displays, demonstrations and live music. Free entry to Cooma Showground on the day, Saturday, 28 April. Call 02-6452-5544 for more details.

## KOOROMAN WOOL & CRAFT SPIN-IN

This year's annual spin-in is being held at Leongatha's Uniting Church on Tuesday, 24 April from 10.30am to 3pm. There will be demonstrations, stalls, a fashion parade and mystery competition. Call Joan on 03-5664-4308 to find out more.

## MULTIPLE SCLEROSIS FUN RUN/WALK

MS Week starts with an amble (or sprint) from Milsons Point to The Spit on Sunday, 3 June. There's a choice of three routes to suit everyone and organisers are hoping to raise \$50,000. Contact MS Outdoor Events on 02-9413-4166 or visit the website on [www.msnsw.org.au](http://www.msnsw.org.au) if you'd like to participate.

## KANGAROO ISLAND EASTER FAIR

The theme will be food, wine, art, craft and culture. A day for all the family on Sunday, 15 April at Parndana Oval, entry fee applies. Phone Danielle Bradshaw on 08-8553-1185.

## THE MITTAGONG FORUM 2001

The Australian Forum for Textile Arts is holding a weekend program in April that includes classes and workshops, plus renowned national and international presenters. For details about costs,

accommodation and workshops, contact TAFTA on 07-3300-6491 or visit the website: [www.gcreations.com.au/tafta](http://www.gcreations.com.au/tafta)

## ARARAT GOLDEN GATEWAY FESTIVAL LITERARY AWARDS

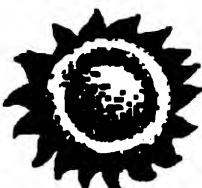
Short story writers and poets have the chance to enter this award and win! Send a stamped, self-addressed, business-size envelope to Rhonda Poholke, AGGF Literary Awards, 15 Kofoed Street, Ararat 3377 for an entry form and conditions.

## NONCONVENTIONAL HOMES TOUR

Have a better look at some of the mid-north NSW coast's stunning owner-built, eco friendly, nonconventional homes and buildings. The self-drive tour takes in more than 20 places and covers a range of styles. The tour is being held in conjunction with Taree's Enviro Fair on the June long weekend. Contact Lyn Booth at the Manning River Steiner School on 02-6551-3403. ¶

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# Roger's Garden

by Judy Wormwell, Two Wells, SA.

Developing a garden, whether it be vegetable, ornamental or a combination, can be a daunting task, particularly if one starts from scratch and has to contend with long, hot summers. In this article I'll tell the story of an Adelaide Plains garden, belonging to a friend. Next time, I'll describe my own experience of gardening in these harsh conditions. Roger's Hamley Bridge garden is now a wonderful mixture of ornamentals and edibles, but this was not always the case.

Hamley Bridge is a picturesque, small town, nestled in a tiny valley approximately 70 kilometres north of Adelaide. It has an annual rainfall of 426 mm, hot and dry summers, and is surrounded by undulating agricultural land, growing mainly cereal crops. Once a thriving railway town and a major refreshment stop on South Australia's formerly main northern line, Hamley Bridge is now a dormitory town with few facilities.

Roger bought his half-acre, edge-of-town property 17 years ago. The transportable house had been vacant for several months and the yard was chest high with weeds. What he did not know at the time was that his property and the one next door, once on a single title and almost abutting the railway line, had been a stockyard, which had been thoroughly compacted with rub-

ble over a number of years. This proved to be the basis of most of his future gardening problems.

'Once the weeds were cleared and all the rubbish removed from under the house – yes, under the house,' Roger laughed, 'the only useful things left in the yard were a struggling bottlebrush, one lovely large gum tree (*Eucalyptus woodwardii*), and what remained of a chicken run down the

back.' Roger's top priority, therefore, was to plant his own trees in order to generate shade for summer. After these, he planned to establish his vegie garden. A row of very mature pine trees was growing just beyond his western boundary and, whilst providing shade for a section of the yard, including the house, had taken virtually all the goodness from the surrounding soil. The combination of a rock-



From unpromising beginnings (left), Roger has created a lush vibrant garden in this low-rainfall area.

hard surface and depleted soil did not augur well for any sort of garden.

'When I went to plant my trees, even though it was midwinter, I discovered I had rock and only a thin layer of soil,' Roger said, 'so I had to use a pick to break through. A lot of the trees died as soon as summer came. The soil had no humus, so it didn't hold the water I was pouring onto it.' His attempts to grow vegetables were equally unsuccessful. 'I tried to grow them in what had been the chook run,' he said, 'but that, also, was a mistake, because there was no more soil there than anywhere else and the chicken manure didn't seem to be of much use for many of the vegetables. My first season was a dismal failure. I had a big water bill, but no vegetables.'

He continued: 'So the next year, I put in the first of two rainwater tanks and I dug a plot at the side of the house. The idea was to grow enough vegetables to be a bit self-sufficient and the rainwater was supposed to help me through summer. Yes, I did produce some vegetables – a few tomatoes!'

It became obvious that his most pressing need was to build up the soil, so Roger tried a variety of strategies over the next few years. 'My compost bin was virtually useless, because I had nothing much to put in it,' he said. 'I purchased loam, which turned out to be sand, so I felt ripped off and that didn't help things. I bought mushroom compost and bags and bags of horse manure. I used blood and bone. Also, I read lots of books about where to position things. Most said morning shade and afternoon sun – well, unless I was going to move the house or the sun, it wasn't possible to do much in this way.'

He did, however, try his vegie plot



Roger's vegie gardening success began when he discovered the simple magic of no-dig beds.

in different spots around the yard and found that 'certain things grew in certain areas.' He laughed, 'I think all the goodness I've dug into the soil over the years has at long last started to work, because I've now got three apple trees where one vegetable plot had been and they seem to be loving it there.'

About six years ago, Roger realised the only way he could have real success with his vegetables was to use raised beds. 'I'd had difficulty in having materials delivered to Hamley Bridge, which meant I didn't have easy access to sleepers to contain the soil,' he said, 'so I had to resort to using roller-pack pine edging, because I could fit it in the car.'

This system has proven to be the best way to go for him and he rotates his crops around three raised and semi-raised beds of about three metres by two metres. With only a few frosts and the soil now friable, the only real problem these days comes from the Adelaide Plains hot and dry summers. To combat their effect, Roger installed a sprinkler system around the main plot and last year trialled the rolling out of shadecloth across the vegetables by day. Both worked well.

Additionally, he now has a range of fruit trees, including a Prima apple, which he was told would never fruit, because he had no cross-pollinator. 'Also, it was a "throw-out",' Roger

said, 'but it's turned out to be the best I've got. It's produced about five kilograms of fruit for each of the three years it's been in.'

In fact, largely it has been 'cheapies' that have worked best for him, particularly with his ornamentals. 'Over the years, I've tried lots of plants,' he explained. 'but it was often like pouring money down the drain, because they needed so much water. Almost all the garden that's survived has been the succulents and some natives, because they're the ones that can last over summer, and most of these have been done with cuttings, throw-outs from supermarkets and nurseries, or cheaper natives. The more expensive ones have most often been the ones that've died.' He went on. 'Things still don't flourish like you see on "Burke's Backyard" or "Gardening Australia", but I've had some successes. And it hasn't always been a plant that's listed as good for this area. For example, I was given a swamp mahogany (*Eucalyptus robusta*), which is hardly appropriate for my situation.'

To look at Roger's garden now, 17 years down the track, belies his enormous effort, expense and frequent setbacks. Like the rest of us GR folks, however, he had a dream of growing as much of his own fruit and vegetables as possible and he has worked darned hard to achieve it. \*

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CATALOGUE ON REQUEST

# THE BROWN BAG SNAIL STOPPER

by Robert Millet, Kalgoorlie, WA.

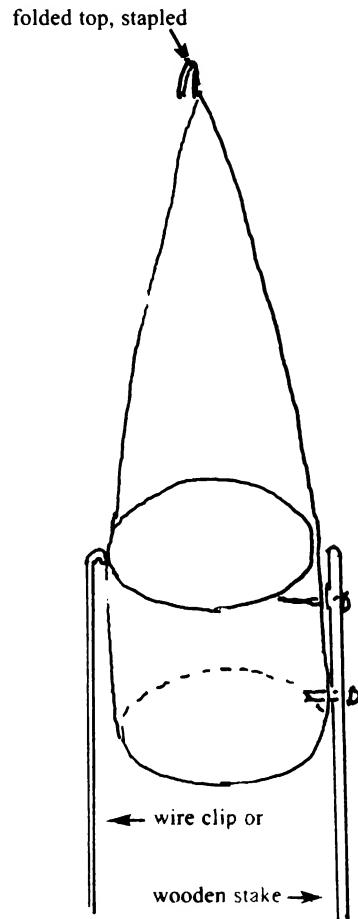
Have you played this game? After starting your seeds carefully you finally get them to the planting out stage. In they go, a dollop of compost under the roots, then you press in the future pumpkins or squashes or whatevers. Next day, while strolling in your permaculture paradise you notice that the seedlings are gone. Whoa! Ring the alarm! Call the plant police! Who stole my future pumpkin scones? If you're lucky you'll see the brazen trail of . . . the snail. Seems they like young seedlings too well.

I ransacked my mind for snail stopping ideas and recalled that snails like their beer stale in a saucer, only I don't have that many saucers, and I prefer wine. After putting up with this plant massacre a few times I got to wondering how to stop these raiders of the night without chemicals. In order to beat snails and other pests the plant needs a cover that keeps out pests, yet lets in light and rain. Then I recalled how I took my lunch to school so many years ago: the brown lunch bag. When it rained on the way to school the bag got wet, the bottom gave out and, while my lunch lay soggy in a puddle, I was left holding a neatly folded brown bag with no bottom. (We kids then would have really loved today's plastic bags.)

Suddenly, I had the answer that has worked for many years, and here's how to make one.

First, get some PVC pipe about 100 mm (or larger) in diameter and cut pieces about 100 mm long. Next cut a strip of flywire mesh (steel, aluminum, or fibreglass) about 400 mm by 375 mm. Lay the PVC pipe against the 375 edge and roll it with the mesh. You'll end up with a cylinder of mesh 400 mm long with a 100 mm piece of pipe at the bottom. Now use two or three short self-tapping screws and washers to fasten the wire to the PVC pipe. If you live in a windy place, you might like to screw (or clip) on a small stake about 300 mm long to help hold the snail stopper upright. Next, carefully squash the other end of the mesh flat, then fold it over once or twice, like folding a brown paper bag. Staple the end or use a strand of copper wire and twist it tight. If the rolled cylinder is not tightly closed, use copper wire to tie it closed in a couple of spots, and/or allow a greater overlap. You now have a 'brown bag' snail stopper, without the brown bag.

Snail stoppers with a large diameter ring could be left permanently on plants not requiring insect pollination, for example, cabbages, cauliflowers, broccoli. The snail stopper lets in light and rain, offers shade to the tender plants, keeps out the bugs, and allows you to watch the plant's progress. If the plot is mulched, pull away the mulch, plant the seedling, twist in the snail stopper, then pull the mulch right up to the mesh. If the plot is not mulched, plant all the seedlings, pop on the snail stoppers, then mulch the whole plot. When the plant has grown to where it nearly fills the mesh, gently pull the snail stopper off. By now the plant will be so tough bugs won't want to eat it. Tuck more mulch right up to the plant.



Give the snail stopper a rinse and it's ready to go to work again, for years.

Happy snail stopping to you. And save the home-brewed beer for yourself, not the snails, you've earned it. ☺

## DERRIS DUST AND SAFETY

Recent research has linked the organic pesticide Rotenone with Parkinson's disease in rats. Consequently NASAA is considering banning the product. Health authorities are reviewing the pesticide and readers are advised to stop using derris dust in the meantime. ☺

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# GARDEN BOUNTY

## Comfrey

by Cheryl Beasley, Karalee, Qld.

Comfrey grows well in most soils and can spread quickly if left to seed. It can grow up to one metre high and is very hardy, but does need generous watering. This perennial makes a great liquid fertiliser in the form of comfrey tea.

Comfrey contains antiseptic and healing properties which make it good for blemished, dry and acned skin.

### FACE STEAMER

(blemished skin)

Do not use if you have any breathing difficulties such as asthma.

Add half a cup of chopped comfrey to a bowlful of just-boiled water. Place your face over the bowl and cover your head with a towel. Let the steam open and cleanse your pores for about ten minutes, then pat dry and tone immediately to close pores tightly.

### COMFREY HONEY

(dry skin)

Warm a cupful of pure honey in a pan over hot water and add to this half a cup of chopped comfrey. Allow the mixture to simmer gently for one hour then strain. Use as a weekly face mask.

### COMFREY VINEGAR

1/2 cup chopped fresh comfrey

2 1/2 cups white wine vinegar

Place the chopped comfrey into a bottle. Heat the vinegar until hot but not boiling and pour over the comfrey. Seal and shake. Leave this for four weeks on a sunny windowsill. Strain and rebottle.

### Hair Rinse

Add half a cup of comfrey vinegar to a basin of cool water. With a cup, pour this through the hair several times. This will help with scalp problems

such as itchiness and dandruff.

### Facial Rinse

Add two tablespoons of comfrey vinegar to the facial rinsing water. This is good for problem skin and will help close pores after cleansing.

### Sunburn Relief

After a day in the sun run a coolish bath and add to the water two cupfuls of comfrey vinegar. This will relieve the sting and soothe your skin. A great bath for the kids.

### Comfrey Hand Cream

This is great after gardening or working with wood, when hands are rough and sore. Make a strong infusion using comfrey leaves or a decoction using shredded root. Allow to cool, strain, and rub over hands. Allow to dry, then apply a nourishing cream, vitamin E or similar, and rub well into hands. Apply several times daily. \*

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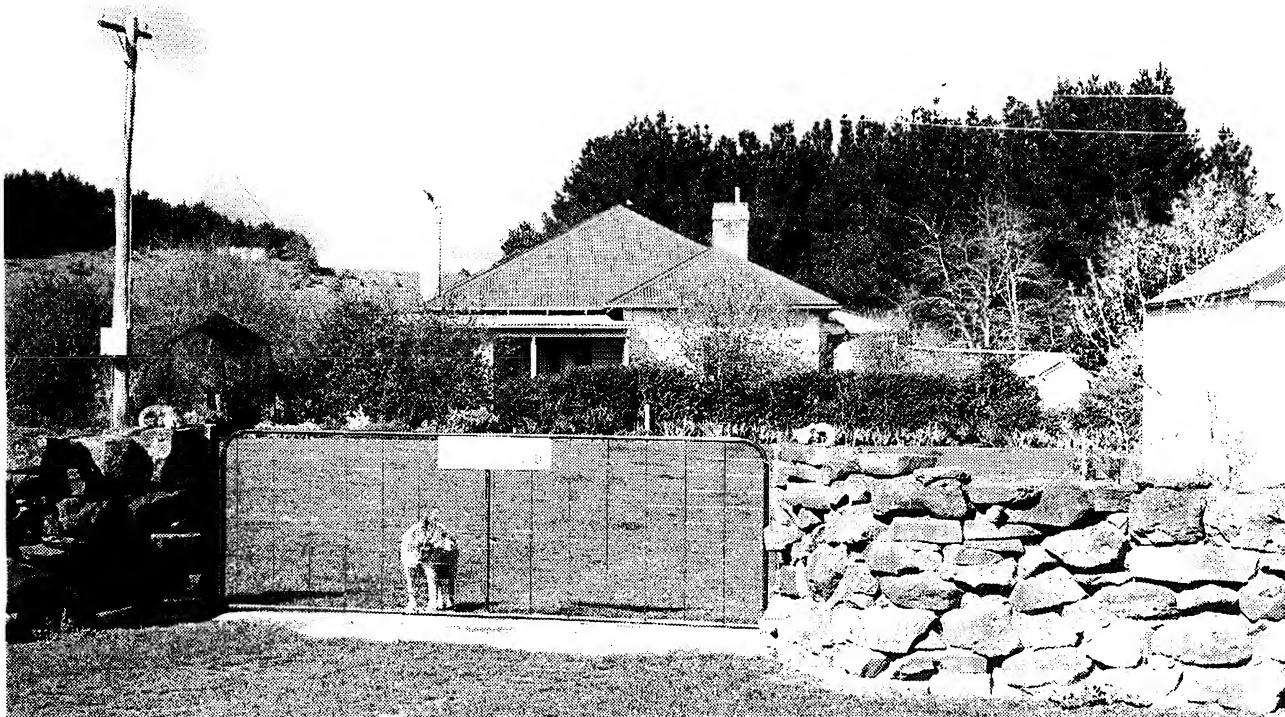
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Southern Cross Permaculture Institute  
(formerly PEDS)

# A MOUNTAIN PARADISE

by Anet McCarthy, Gingkin, NSW.



My hubby and I have been reading *Grass Roots* for many years now and just love it. Every magazine inspires and motivates me to keep on keeping on. Sometimes you just feel like giving up; like when the sheep break into the garden and give your favourite plants a flat top, or the grasshoppers or sparrows nibble the spinach away to nothing overnight. The rabbits are a different story. Though, I know if give up I will get nowhere.

Unlike a lot of readers, it takes me the whole two months to read the mag from cover to cover. In between gardening, cooking, attending to my menagerie, sewing, and holding down a part-time job, I manage to squeeze in half an hour here and there to absorb another piece of it, and before I know it, the next mag has arrived. There is always a lot in it for and from people writing in from warmer climates (the pawpaw and mango districts) up north. Betty Ford, from Mount Seymour, in Tassie (article in GR 137) got me thinking that a few more articles from like-minded people in the cool moun-

tainous regions wouldn't go astray, and so it brings me to our story.

Hubby and I married when we were 18, leaving the far western suburbs of Sydney (in the lower Blue Mountains) to search for our little piece of paradise. We travelled for six weeks throughout New South Wales and Victoria looking for a few acres where we could escape. Ideally, 100 or so acres would have been great, but being only 18, our finances didn't stretch that far. We looked at many five-acre lots in subdivisions, but they were too civilised for what we were after. Finally, we came across 18 acres surrounded by a 3500-acre property, which was bounded by pine forests and national park, 40 minutes south of Oberon, NSW. (A four-hour drive to the heart of the hustle and bustle of Sydney.) There stood an old farmhouse in need of repair and an old rusty shed, shadowed by a 100-year-old pine tree windbreak, set in the middle of a bare paddock. 'Too remote,' said our parents. 'How will you handle the cold winters? What will you do for work? What about the dirt road?' The

questions were never-ending, but not the slightest bit off-putting.

We were both familiar with the area, as we had done a lot of hiking, camping and four-wheel driving here over the years, so once we moved in it just seemed like home. Employment in the area wasn't a problem, with the lowest unemployment in NSW. Up to 30 minutes drive away we found numerous employment opportunities at the spectacular Jenolan Caves, the neighbouring properties, the Forestry Commission, plus endless opportunities at the two huge pine processing mills in thriving Oberon, a town with a population of 2500.

We worked hard at our jobs, saving lots of money, and on our weekends worked hard building up our garden. We threw in an assortment of evergreen shrubs (literally threw them in as we didn't have any idea about gardening, being so young) in and around the house paddock to help block out the blow of the westerlies and howling easterlies. We established a flower garden with perennials, plenty of spring

flowering bulbs, and roses.

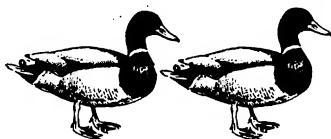
Next came planting a few fruit trees and digging a small vegie patch a few metres square, in time for our first spring. By this stage we had survived our first cold harsh winter, not letting the deep snow put a damper on things. With spring, came the purchase of our first flock of sheep, 45 or so from memory, two dogs and a couple of chooks. We were up and running, enjoying our new lifestyle; the peaceful evenings, our newly acquired friends, the brisk swims in the cool mountain rivers, fishing, and the few bits and pieces of produce plucked from our garden.

A year or two later the vegie patch doubled in size and I started companion planting and composting. The year after that it doubled again and I added gardening organically to my practices. After a few years I turned the vegie patch into a herb garden and re-created a new, bigger than ever before vegie patch elsewhere in the garden. This was followed up by the assembly of a glasshouse, much needed in our elevation of 1300 metres above sea level.

We have a very short growing season, generally from December to late March, due to the heavy frosts and snowfalls. In summer our average temperature is a pleasant 25° C. In winter it drops below -7° and the soil freezes at times to a depth of about 30 centimetres. The glasshouse is a must here to grow tomatoes, capsicums, eggplants, chillies and lemon grass. In these four months, over summer, we produce all of our food for the year. We are fortunate in that we are able to grow both summer and winter crops in this four-month period.

I bottle a lot of our own fruit and freeze it too (apples, boysenberries, strawberries and figs). I also freeze eggs and veggies (broadbeans, carrots, corn, beans, peas, spinach); dry our herbs (oregano, chives, parsley, marjoram, tarragon, rosemary, bergamot, tansy, mint, chamomile, yarrow, thyme, basil, lemon grass) to use in assorted dishes and for cups of tea; I hang the onions, garlic, and pumpkins; gather potatoes; make my jams and relishes and sauces (rhubarb, strawberry, chilli, tomato, and corn); make wines, beer and syrups (rhubarb, blackcurrant, mint, and lemon). Summer is quite hectic as you can imagine.

All my vegie seeds (and others) I purchased through an organic club in Victoria and they are not hybrid. I now let many of my plants go to seed and save these seeds for the following year, plus give excess to friends and family. Much self-seeds and these plants I dig up and put in some sort of fashionable order elsewhere in the garden. The excess I plonk into pots to sell or give away. Winter is my favourite time of the year. This is a time when I can stand back and assess where I went wrong in the prior season, how things could grow better. There is time to tidy up the perennials and fruit trees and to cut the roses back; the beds are composted and I start planning grand and wonderful things for the year ahead.



Over the years we also came across some ducks and geese and inherited my two beautiful donkeys. The donkeys recycle all my food scraps, clean up the rose cuttings and the blackberries and thistles in our paddock. Not only this, but they have been wonderful company, the manure is great, the two producing so much of it my compost and garden is bounding ahead.

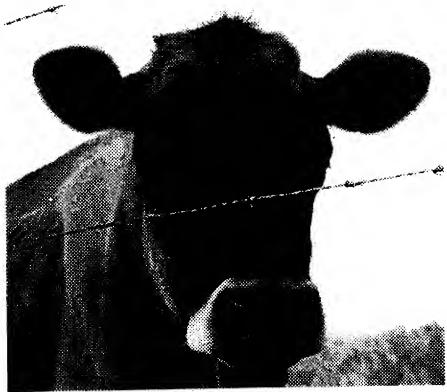
In recent years my husband has fallen ill with chronic fatigue and has developed a lot of intolerances to processed foods and chemicals (plus many other side effects too numerous to list), so at least when we make and process our own food we know what we are eating. In addition to producing a lot of our own fruit and veggies, jams and sauces, wines, beers and other beverages, we butcher our own meat (not the donkeys). I have started making yoghurt, grinding spelt with our newly acquired hand-mill for flour, baking bread, pastries, cakes and biscuits. Our next step is to purchase a cow for milk and cheese, and I would like to try my hand at pasta too. After that we would like to add a couple of pigs, then fence off over an acre for a larger scale vegie patch and have a go at growing and harvesting our own wheat. This may well complete our long-term plans to become fairly self-sufficient.

Somewhere amongst all of this our number one baby arrived. Things did

get away from me, not to mention out of control, for about four years, but once he grew older and started school I was back into the swing of things again. He is six now and helps us a great deal. He has his own little vegie patch, feeds the chooks and dogs, helps out in the kitchen with cooking, makes his own bed . . . the list goes on. We have achieved all of this too in between working part-time jobs over these years. I don't know how, but it has slowly but surely all come together, not overnight, over time. In fact we have been at it for almost 13 years and we are still here, addicted to country living, learning more and more each and every day. Our trees have rapidly grown and every year I'm always planting more. We now have over 40 fruit trees, 30 different roses, 50 evergreen shrubs and trees, with clumps of natives, plus gums to be planted out soon. It sure looks quite different from that bare paddock that we started with. My hubby has to take a lot of the credit for heaps of hard work and I must admit that my parents are keen gardeners and this has inspired me greatly, not to mention many friends.

I certainly agree with the article 'No Regrets' by Gwen Deem from Yarra, in Qld (GR 137). We always get asked too what we do for entertainment, especially at night, as we don't have a telly. We read a good book or *Grass Roots*, knit, sew, make model aeroplanes (or work on the ultralight), work on the tractor in the shed, watch the stars, or there is always plenty of washing up to do at our house. It makes me wonder how people have time to sit down and watch the telly. Sometimes, I admit, we do nothing but sit around the fireplace of an evening. This does not happen very often, it has taken us time to master this. Truly! Sometimes we mutter the odd word while we watch the flames from the fire dancing on the wall as we sip our homemade wine. The lights are dim as the kero lamps burn, and in the distance we can hear the old clock ticking away. The slow combustion stove is purring, the smell of freshly baked bread drifts throughout our cottage and soft classical music plays in the background . . . we have no regrets either.

If any readers would love to write please drop a line to: Anet McCarthy, 'Tuglow View', Gingin 2787. ¶



# Take A Break

by Clare Colins, Nanango, Qld.

**Don't let the soulful looks of the house cow or rampant weeds prevent a much needed holiday. You can't afford one? Read on . . .**

Living on a small farm and taking responsibility for animal and personal wellbeing requires a high level of commitment, dedication, knowledge (often from experience), enthusiasm and energy. The rewards, as we all know, are tremendous in terms of physical, emotional and spiritual growth. Sometimes though, in order to recharge our batteries and maintain high levels of enthusiasm we need to take a break.

Rhietta, our Jersey house cow, was dry and her calf (Jersey heifer, we hoped) not due for a few months. Stewit the steer was still grass munching and growing. The donkeys Ote and Melita, had settled in well and, with fresh water piped into both their paddocks, were fairly self-sufficient. The

fifth (and final) chook pen was finished and secure. All was well. As an extra bonus we had Gunde, a friend, animal lover and competent caretaker, staying in 'Le Shed'. So . . .

Paula and I decided to go on holiday. For 12 days we'd exchange our green, treed, paradise vista for the tranquil, endless blue of the ocean. We intended to take full advantage of a dining room three times a day; watch all the latest release movies, avail ourselves of the 24 hour room service, the shows, the deserted white sand islands and winter sunshine.

For 12 days we'd sleep in past 'bray break' (6am). We wouldn't have to brush, clean, train or tether out donkeys; milk or feed cows; pick greens for

the chooks; plant, water or weed; cook or clean; muck out or mulch; collect poo or split firewood. Gunde would!

For 12 days we'd join the ranks of the decadent and pampered. We'd get out the (seldom worn) 'glad rags' and have unadulterated fun.

'How can anyone on minimal income afford such a holiday?' you ask. Well, we didn't set out to save specifically, we just found that, inadvertently, by growing our own food, swapping and bartering excess, doing without the so-called luxuries, and making and baking, we had saved about \$4000 in one year. 'What does one do with a spare chunk of money?' I asked. Update the car perhaps? No, we like our old 1970 Toyota - it serves us well. Buy some new appli-



Ote, Melita, Rhietta and Stewit took care of Gunde, while Clare and Paula took a well-earned break.

How We Saved For Our Holiday	\$ Weekly Savings
• Make 'real' bread – machine not required.	4
• Make environmentally friendly soaps – laundry, personal and shampoo.	2
• Use GR-type cleaners around the house and rinse clothing and hair in vinegar.	1
• Bake all cakes, cookies, snacks. If we can't be bothered to make it – we don't eat it!	5
• Milk a cow (or goat) and sell or swap excess for cow feed, AI etc.	10
• Keep chooks for eggs and meat. Sell or swap excess for chook feed etc.	10
• Grow enough vegies (plant seed every two weeks for continuous supply) for every day plus extra to preserve when out of season. Save open-pollinated seed and swap extra.	5
• Learn to cook well, using all that great home produce – don't eat out or buy take away.	20
• Read, chat, play games (we're fiendish backgammon players). Be content with network TV. Don't hire videos.	5
• Use the car as little as possible. Make a 'job' list, shop monthly and buy in bulk.	10
• Utilise animals for manure and strength. There's no noise, no fumes, better crops and more fun.	2
• Attractively package excess homemade produce and give as gifts.	2
• Support the local charity shop and buy preloved clothing for on the farm (bargains are always fun).	2
Total Weekly Savings	\$78

ances? The one's we've got work fine. Invest for a rainy day? We love to see the rain. Nothing else for it. Go on holiday. Spoil ourselves. Pat ourselves on the back for a job well done!

We'd miss 'home' of course, especially the animals (brag photos packed already), but after all it was only for 12 days and we'd return with good ideas and the required energy to 'go hard' for another year.

We hadn't even gone yet and the wattles trees on the dam wall were calling out to us. They'd have to be removed when we got back. Ote and Melita had recently been introduced (by us) to snigging and both donkeys were keen and

obliging so the job wouldn't take more than a day or two – when we got back.

When we got back there'd be bread to bake, soap to make, seeds to sow, vegies to grow, poo to rake, hay to make, donkeys to train, praying for rain, chooks to rotate, (some will get 'ate'). Phew – we'll need a break!

Here are some of the ways we saved money for our holiday. Like us, you may find that, once started, there's no way to stop and it really does become easy.

Amazing isn't it? Once you discover the overall benefits you'll never go back. Be committed and have fun. We do. Why not start your holiday fund this week? The break may do you good! ☺



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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### SNEEZING HENS

I wonder if you could assist with a small chook problem, everyone else seems to laugh at me. Two of my three chooks are sneezing like a person does when they have an allergy. One is a Silky, the other a black crossbred. The black chook (Shelly) started perhaps 12 months ago and has continued even though we have moved house. The Silky (Punky) has only begun about two months ago. They are both healthy otherwise and are laying every day (almost). The Silky has recently come out of moult and she is more beautiful than she has been for years, but now she sneezes. I have been to the library, asked everyone I know who has chooks, and a few who don't, but now I find people just see it as a joke and say, 'don't worry'. I want to get some more chooks, as with a family of four two eggs a day is just not enough, but I don't want them to get sick too.

**Sandra Tibballs & Alex Davie,  
CANUNGRA 4275.**

*Believe it or not I have previously heard of chooks having a sneezing response to an allergy. A friend was sure her birds had a terrible illness and spent a fortune on vets' bills and still the birds sneezed. She ended up attributing it to the litter or something else equally as simple. The birds may have an allergy but not be ill.*

*You will know the birds are sick if they*



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*have an offensive smell around their nostrils or mouth. Have a good sniff around their face (don't worry what anyone would think if they caught you). A respiratory infection usually displays signs like a runny nose or a smelly throat. Look next at the birds' combs – are they returning to red and healthy looking after moulting? A hen with a low-grade infection often has a thin, dry papery-feeling comb. Check around the vent – no signs of runny droppings on feathers?*

*Next look carefully around the henhouse for the allergen. Could it be the litter or dusty conditions? Dust shouldn't cause almost constant sneezing. What is outside the henhouse that could be in the air? Pollen, seeds or similar? You will have to be a real detective to track the culprit down.*

*If the hens are not sick, just sneezing, and have been like this for sometime, and are still laying, then just go ahead and buy new chooks. At worst they will sneeze too, but there is a chance they won't be affected. Do give the current birds a little crushed garlic in water, once weekly while they continue to sneeze, and also ensure they have access to green feed because it supplies vitamin A which helps strengthen and protect mucous membranes. Keep the birds as healthy as possible, check for and eliminate mites and lice with Pestene powder, and use a strong dose of garlic once every 3 – 4 weeks and leave in water for three days to reduce the burden of worms. Don't forget when getting new stock to quarantine them for about three weeks before amalgamating them with the present birds. Also, you need to buy 2 – 3 new ones, a single bird could be unmercilessly bullied. Good Luck. ¶*

### DOGGIE SUCCESS

I would like to dearly thank Maureen Lucivero – Perth – re allergies in white dogs in issue no 143. She suggested giving omega 3 fish oil tablets to dogs that suffer allergies (white dogs). We have a German Spitz, which looks like a huge Pomeranian, who had an

extreme rash on his back. As we knew he was allergic to fleas we spent an enormous amount on various concoctions from the vet; there was no improvement.

Our poor dog was almost driven mad with itching until all the hair was rubbed off his back and he had bruised his skin and in parts had even begun to bleed.

My daughter kept washing him hoping to give him some relief, then when we had nowhere else to turn, I read your article.

I began breaking the tablets onto his food but he refused to eat it. Then I played a 'catch and eat' game which was successful. He is now given three tablets per day, 100 mg each, and has completely stopped scratching as well as regrown his hair. I have also noticed all his hair is a healthier colour and feels much better to touch, brush etc.

Thank you so much, it's a relief not only to the suffering dog but a very stressed family.

**Lorraine Costanzo,  
MYRTLEFORD 3736.**

*We're pleased to read of your success with omega 3 fish oil tablets and extend our appreciation to Maureen Lucivero for sharing this hint. Don't forget that natural remedies work best when supported by a healthy appropriate diet, exercise, and also maintenance of flea-free bedding and surroundings. ¶*

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# ECO NEWS

## BANNED GM CROPS IN TASSIE

Tasmania imposed a 12-month moratorium on the growth of GM crops in the open in July last year. However, a recent commonwealth audit of fields where trial crops of GM canola had been grown up to three years previously found thousands of regrowth plants germinated from seeds dropped by the GM crops at a total of 11 sites. ¶

## CLEANER FUELS

The internal combustion engine has contributed not only to social dislocation, but also to high levels of atmospheric pollution. The transport sector is responsible for about 16 percent of Australia's greenhouse gas emissions and these emissions rose by 18 percent from 1990 to 1998. Fortunately, the news is not all bad, with many initiatives being introduced to reduce harmful emissions.

A biofuel production plant in Moama, southern NSW, will produce biodiesel from waste canola oil. The fuel will sell for about 30 cents per litre less than diesel fuel and have an estimated 75 percent reduction in greenhouse gas emissions.

Compressed natural gas (CNG) is being widely trialled as an alternative to petrol and diesel fuels, particularly by metropolitan councils eager to improve air quality in cities. CNG produces half the particulate emissions of petrol and diesel, runs engines more quietly and is a cheap and abundant natural resource. Currently, the largest national fleet is run by NSW Transit, with 200 CNG-powered buses and the same number on order. This gives a dollar saving of approximately \$1 million per year and a carbon dioxide reduction of 3480 tonnes. The CNG buses produce one-fifth the greenhouse gases of diesel fuel.

Meanwhile, in WA, the aim is to have one-third of the state's public bus fleet using hydrogen fuel cell technology by 2005. This clean technology produces zero emissions. Perth has been given the chance to trial three prototype buses in a worldwide trial of 30.

Also in Perth, in January BP Australia launched its national pro-

gram offering customers a choice to offset greenhouse gases from their cars' emissions. A percentage of all sales of a new fuel, *BP Ultimate*, will be donated to independently verified greenhouse gas abatement projects. This fuel is lower in benzene and sulphur than other fuels on the market and is claimed to be the 'cleanest' available. Availability is currently limited to most BP sites in Perth and selected rural sites in other states.

From January 1 this year it was compulsory to display a fuel consumption label on the front windscreen of all new passenger vehicles. New car buyers will be able to make more informed decisions about economic and environmental issues before making a purchase. ¶



## BUSH HERITAGE

With Australia being listed sixth in the world in the amount of tree clearing and the area cleared last year up by 10 percent on the previous year, urgent and major conservation initiatives are needed. Fortunately, the Australian Bush Heritage Fund is continuing its wonderful efforts in buying and managing representative areas. Its latest planned acquisition is Carnarvon Station in central Queensland, an area of 59,000 hectares adjoining Carnarvon National Park and containing 17 regional ecosystems, 7 of which are endangered.

Ring freecall 1800 677 101 for more details and to make donations. ¶

## RENEWABLE ENERGY NEWS

Recent legislation that requires energy companies to generate an extra two percent of Australia's electricity from renewable sources by 2010 has had a mixed reception. Conservationists are concerned that the legislation will allow energy generated from burning native forest woodchips to be included in the two percent. To compound the folly, the Act apparently provides for

financial incentives to be paid to companies for burning native forest material and municipal waste to generate electricity. Concerned residents in both East Gippsland (Vic) and Tasmania are campaigning against these 'green' power stations.

On a more positive note, investment in solar- and wind-generated energy is on the rise. A one megawatt grid-connected solar array is planned for the Broken Hill area. The project will cover 10 hectares and is expected to save 1908 tonnes of greenhouse gases in its first year of operation, with increased savings as operation efficiency improves over time.

In Europe and America wind power is seen as the energy hope for the future, with huge projects either in operation or in the planning stages. Australia too is experiencing increasing investment in this area. Portland in Victoria, for example, is set to be an alternative energy centre, with an 18 megawatt wind farm already under construction and several others planned for the area. When completed, there will be four combined sites providing up to 150 megawatts of electricity to over 100,000 homes and abating more than 600,000 tonnes of carbon dioxide per year – roughly equivalent to that produced by 120,000 cars.

Other wind farms are planned for Toora in South Gippsland, the west coast of Tasmania, and near Albany in WA. The Toora project will produce 15 megawatts of electricity and the Tasmanian project, initially producing 10.5 megawatts, is the first stage of an intended 130 megawatt development. The Albany project, expected to be operational by July this year, will produce 22 megawatts, enough to power 17,000 homes and supply 75 percent of Albany's electricity requirements. ¶

## MUNDULLA YELLOWS UPDATE

The chemical printed in last issue's item about Mundulla yellows as aimazine, should have read simazine. It is one of the triazine group of herbicides, and is classified as a carcinogen and endocrine disruptor as well as causing disturbance to soil ecosystems. ¶

# FEEDBACK LINK-UP FEEDBACK

Dear Megg, Mary & Readers,

Firstly, I'd like to thank all who replied to my last letter, we had such a lovely response that I never got around to replying to all. We've moved since, still in suburbia sadly! I'm pleased to say, some vegetables grow well in pots (some do not!), so although we cannot have a massive and luscious vegie garden, we have got some very happy and healthy toms, capsicums, peas etc growing in old plastic tubs! Anyway, the purpose of my letter – although bad timing – why don't GR publish a diary? I've got some great ideas about how it could be laid out, illustrations and practical, seasonal information for us die-hard GRs! How about it? I know it's too late for 2001, but 2002 will be here sooner or later! Also, is there a way to display our love of GR, ie: T-shirt, stickers, posters? Or what about GR calico bags for shopping! Oh, I'm just bursting with ideas today! It's because I'm bored, and out of work. Any jobs going at GR? Anyone got a spare couple of acres to give away? Okay, I'd better stop taking up all this magazine space! Hope you all had a lovely festive holiday, and may the New Year be fruitful and prosperous!

Tina & Tyson,  
11 Moran St, NARRE WARREN 3805.



Dear Grass Roots,

I am a regular reader of your magazine and I wonder if someone can help me. I would like to obtain some information on sprouting. I wish to **FEED 50 SHEEP ON SPROUTS** during the winter months and would be interested to hear from anyone who has any experience with this form of feeding, preferably in the central Queensland area. I have tried the internet, but have not been able to obtain any information so far.

Bill Simms,  
Parker's Lane, THANGOOL 4716.  
Ph/fax: 07-4995-8452  
email: [bsimms@tq.com.au](mailto:bsimms@tq.com.au)

Dear Grass Roots,

JACKY, I received your letter and thank you for the **SEEDS YOU SENT**, but I cannot reply because I have lost your address, so please write another note so I can answer.

Just a mention of the fact that I am not nearly as active as I have been due to a blocked artery in my leg, but I still have plans for my workshop activities. I have a pedal-driven spin dryer on the drawing board and a stainless steel bowl out of an old washing machine ready to convert and complete it.

Reading all your comments in the mag gives us all a great deal of pleasure as well as useful info, so I have decided to give you the benefit of my own brand of the same. For several years now I have been the victim of the big 'C'. The first time in the left leg, which was diagnosed as aggressive invasive cancer. I did not fancy having operation after operation as has a friend, so I decided to treat it with comfrey, and I had it cured by the time I was due for the first one.

Another came on the other leg and I mentioned it to a lady to whom I write in Queensland. By return mail she sent me a complete cancer cure which originated in Canada, consisting of ground wormwood leaves, ground cloves and tincture of black walnut. She advised me to start off right away, which, naturally, I did. By this time another had developed on my right arm, but the one on my leg was as big as the palm of my hand.

Within three weeks of first taking this treatment both cancers were gone. My leg and arm are now completely smooth. The ingredients are available from: ERG, PO Box 366, Strathpine, Qld 4500. Phone: 1800-247-322, or fax: 07-3261-7875. I have another

address too. It is: ERG, 17c Bald Hills Rd, Bald Hills, Qld 4036.

I am now on a maintenance dose which is reckoned to keep cancer well at bay – and I believe it. The lady who put this on the market is Canadian Hulda Clarke, who was jailed for claiming to have a cancer cure, but it was proved to be true and the charges were dropped.

Another treatment Helen Clarke of Queensland suggested to me is cayenne pepper, which, when taken, is supposed to clear blockages in arteries. I have a blocked artery in my left leg and since taking this 'cure', I can walk quite reasonably. I am not completely cured but it sure helped! Here is how I take it. I put olive oil on a slice of toast, sprinkle it with cayenne and spread vegemite over that. It is quite tasty and sure improves your appetite!

Another tip! If you have a pain in the tummy, take a handful of leaves (and stalks, you can't avoid them) out of a bale of alfalfa, make it into a cup of tea, add honey, and viola! No tummy pain. I've been using that one for fifty years. Even for a hangover, if you should be so foolish.

Lloyd Perkins,  
5 Beecroft St, HUSKISSON 2540.

*The above has been published for information and interest only. We are not qualified to recommend specific treatment for serious illnesses. Always consult an appropriate practitioner.*

Dear Megg and all the Grass Roots Gang,

A great wave of nostalgia has overcome me after just reading Jude Aquilina's article about **WALNUTS**. I have not seen a walnut tree for over 50 years, and that tree belonged to my grandparents in Toowoomba, Qld. It was a beautiful tree which had bountiful crops of tasty nuts. I can remember cracking them on the brick paving at the bottom of the back steps – being careful not to squash a finger.

It was a beaut tree to climb, but quite often it was a case of getting stuck in the second fork and yelling 'Dad come and get me down'. I was so pleased to see the recipe for pickled walnuts as Grandma was famous for hers and I hadn't been able to find her recipe. Old Canon Perry loved them so much Grandma would say, 'If you climb the tree and pick the green nuts I'll pickle them for you.' He always did.

Grandma died in 1952 and her single daughter inherited the house and about half an acre of land which had fruit trees, chook run and, of course, the walnut tree. She divided the land into small building blocks and, horror of horrors, she had the tree cut down to make room for a house. I never did forgive her, and I'll bet the timber went to the dump instead of furniture.

Walnut trees seem to be pretty rare in Australia; pecans and macadamias seem to have the monopoly. I use walnuts in my cooking but they are all imported. I was so pleased to be able to buy a bottle of Australian virgin olive oil in the supermarket recently.

Everything is looking green here at last after a long dry period. The wheat farmers were lucky to get their grain headed before the rain – not like the unfortunate NSW farmers. The rain has made my choko vines explode with vigour and they have just about smothered my zebra beans. Little chokos are popping out everywhere and some are fighting for survival against the dreaded yellow fruit fly. I always pick them when they are half-grown and cook them with skins on and they are beautiful. Just as well all my neighbours and friends like chokos or I would be in trouble! It is only about six months since the last glut finished. My husband was sick of eating them boiled, roasted and mixed with cabbage etc to disguise them, plus puddings, tarts and slices. Mashed choko with passion-fruit (another glut) and thickened with custard powder and egg yolk and added sugar can be made into quite a few tasty treats – just use the imagination.

My five bantams are all laying and they keep us in eggs which are not a bad size.

Chelmer Roots,  
PO Box 205, BILOELA 4715.

# FEEDBACK LINK-UP FEEDBACK

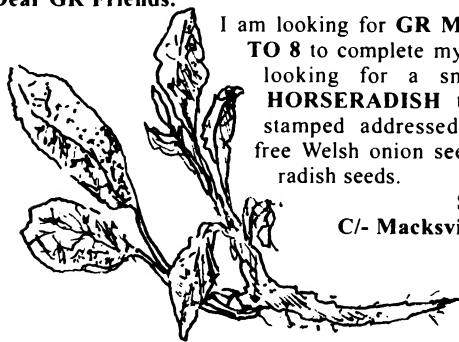
## Dear GR Readers,

I am working towards buying my rural block of land in 2001 and I am asking readers for information regarding **BUILDING IN ALTERNATIVE MATERIALS**, especially straw bale. Also, I would like information regarding the pros and cons of using solar energy, composting type toilets and greywater collection and reuse, and the best methods of collecting and storing rainwater for consumption. The benefit of your experiences would be valuable, including tips on what to ask for when buying these products and information on any refunds or reimbursements that are available. I intend to buy close to the city of Wodonga, in north-eastern Victoria and I expect there are climatic factors that are peculiar to this region and which might affect my choice of purchase. Thanks for a great magazine, I read it from cover to cover every time.

Cheryl,

32 Charles St, WODONGA 3690.

## Dear GR Friends.



I am looking for **GR MAGAZINES 1 TO 8** to complete my set. I am also looking for a small piece of **HORSERADISH** to grow. Send stamped addressed envelope for free Welsh onion seeds and Darkin radish seeds.

Sandra Burke,  
C/- Macksville Post Office  
2447.

## Dear GRs,

Within the next twelve months I hope to leave the city and settle on a few acres within two to three hours of Perth, WA. I am quite interested in the Lancelin/Jurien Bay area, but would like to hear from **ANYONE IN WESTERN AUSTRALIA** who feels that their special place has something to offer a 52 year old vegetarian woman who does not quite fit in to the accepted norm of society. Any information regarding land availability and prices and also information regarding employment opportunities would be most welcome.

Jenny (GR 143),  
C/- PO Box 117, SEYMOUR 3661.

## Dear GR,

Could anyone help me with recipes for **ASIAN COCONUT OR RICE JELLIES** and sesame balls? I know one kind of these sweets is called *kuen lapis*. They are usually pink, white and green and sold in Chinese stores, yet I cannot find a recipe.

C Jones (GR144),  
C/- PO Box 117, SEYMOUR 3661.

## Dear Grass Roots,

Thank you thank you thank you for your wonderful insightful magazine. We just love receiving our (well, my husband's) subscription. I'm writing to ask if anyone has natural suggestions/remedies to **HELP GET A BABY TO SLEEP**. I really don't want to attempt the controlled crying technique that has been suggested. I am also interested to hear from any new mothers/fathers as to alternative foods/recipes for toddlers.

I am studying **HEALTH SCIENCE** (nutrition) and would be interested in purchasing any old nutrition books people have to sell.

If there is anyone building a **HEALTHY HOUSE**/straw bale/mudbrick/alternative house in the Perth or surrounding areas who needs a hand in exchange for teaching us the technique please write to us.

Dean, Christine & Jasmin Maroni,  
48 Leake St, BAYSWATER 6053.

## Dear GR Readers,

I am writing to ask for information on the **WWOOFERS** system. My family and I are in the midst of selling up so that we can travel around Oz in the year 2002. We will have two children, two dogs (one large, and one small) and a budgie. We plan to home teach, and work our way around. If anyone could help us with info on beautiful spots to search out, good seasonal work, places that are more relaxed and open to alternative lifestyles, we would love to hear from you. We (my husband and I) have been around before and have decided to have a look around Victoria's mountains, Lakes Entrance, Tassie, Blue Mountains, and the coastline of NSW, as we missed these spots last time. Look forward to hearing from anyone with news.

Sarah Henderson,

66 Dunsborough Lakes Dve, DUNSBOROUGH 6281.

## Dear Grass Roots,

Well, we've moved again. We're now living in Newman in the Pilbara region of WA. I'm really enjoying it here, the community social life is very active, although the town is only small. I've learned a couple of new, useful craft skills since being here.

I could really use some advice on **GARDENING IN THIS KIND OF ENVIRONMENT**. Winter is dry, but the temperatures are quite pleasant. We get some frosts at night. Summer is scorching. The sun just beats down. We get a little rain during summer from the passing tails of cyclones. The soil looks rich, but things aren't growing as well as I expected. It's also very rocky. My gardening books aren't much good as they all refer to climates like you get in NSW, Vic, Tassie and the south-west of WA. Some friends and I would like to grow our own vegies as the ones at the supermarket are very poor. Luckily, the fruit is usually pretty good. We've got access to heaps of grass clippings, gum leaves, vegie scraps and horse manure for making compost and mulch. What sort of vegies would grow well here? Would we be better off making no-dig style gardens? Should we put up shade cloth during summer?

We were also thinking of getting a milking cow and sharing the costs/work/rewards. We both have horses and access to some land. How much land does a cow need? Do you have to milk twice daily, or can you milk once a day and let the calf have the rest? What sort of cow would suit us? I like the sound of Dexters. What 'equipment' would we need? My parents had a cow when I was about 8 but I don't remember much. Hope someone can help with my questions. Thanks for a great magazine.

Andrea Andrews,  
9 Kitchener Pl, NEWMAN 6753.

## Dear GR Readers,

I would like to thank everyone who replied to my last request for home schooling information. There is a lot to consider when you want to do the best for your children. Now I have another request for all the readers who think that where they live is **THE BEST PLACE ON EARTH**. My beautiful family and I are planning on moving onto some land sometime in the next three years. I was hoping you could all give me some info on where you live, ie. schools, land quality and availability, shops, co-ops, LETS etc. also job prospects for a plasterer. Our only requirements are minimum 40 acres, not too far from schools, no spraying, industries etc, preferably within two hours drive from Newcastle, Lower Hunter area. As we have a few years, we would like to get an idea of what's available so we can visit on weekends. Also, if anyone has land they would be willing to sell on a vendor finance arrangement, please write.

In anticipation of your replies, thank you all. I will reply to all letters.

Julie Moore,

6 Wallsend St, STANFORD MERTHYR 2327.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

**Hello Megg & all at GR,**

Firstly, a big thank you for publishing my article (and front page photo!) in GR139 on organic farming. There was a fantastic, supportive response which still continues from time to time. There have been visitors to the farm and phone calls from all over Australia. So many people wanting to do (or doing) the same thing. It was great to make contact.

I am spending a very rare and welcome weekend away at the beach, so have time at last (and much belated) to write and renew my subscription. And of course, to wish you a joyous Christmas. I look forward to reading many more GRs over the coming months/years and perhaps will write a follow-up article when time allows. I wonder if readers would be interested in the

**ORGANIC PRODUCE MARKET** in the Dandenong Ranges, Vic. It's held at Soul Nourishment Restaurant, 374 Main Rd, Emerald, fortnightly from Sat Jan 6th 2001. For further details contact me, Pam Tucker, 03-5964-8243, or Peter Maloney, [www.soulnourishment.com.au](http://www.soulnourishment.com.au)

Pam Tucker,  
PO Box 324, EMERALD 3782.

**Dear GRs,**

I am anxious to contact L Zinnack or Harry Piers, Blacksmith, Carcoar 2791, who wrote to GR about his recovery from **ARTHRITIS PAINS** after following the diet plan given by L Zinnack. I am happy to say that I too followed the diet plan mentioned in the June/July '99 issue of GR. I am now feeling better. With the 75th birthday approaching, I am still able to continue to produce vegies and flowers, with less pain than before. I am sure there are other GRs who benefited from Harry's advice.

Vic Magedera,  
72 North Western Ave, WATFORD, HERTS,  
WD 25 OAE, England.

**Dear Megg & GR Readers,**

I have been truly amazed at the response I have had to my letter in GR142. Lovely letters from people with many and varied interests, and all of them have mentioned the poem. I just want to say that I will get around to answering all of them in time. We are all so busy just now, so it will be next year before I get started. I hope you and yours spend a lovely Christmas and New Year and you have a little time to just sit and enjoy your garden.

Barbara Jenkins,  
19 Barnett Cres, BRIDPORT 7262.

**Dear Grassrooters,**

How exciting to read the letter from Catherine and Daydd about composting human manure! We (there are two in our household) have been composting our manure for three years now, with great success and satisfaction. You might be interested in how we came to do so.

My experiences are probably similar to others'. In addition to the water closet, at various times in my life I have used pan, pit, trench and over-the-sea toilets. The water closet is the most environmentally inappropriate. Flushing with water treated for drinking, adding greywater and all sorts of industrial waste and sending the mix via a treatment plant to the sea is incredibly costly, hazardous and wasteful of good resources!

Our ponderings on human manure began when we visited the local sewage treatment works and were fascinated to see thousands of cotton buds and bits of undigested corn floating in a treatment pond. We were stunned to hear about the things that had already been removed from the mix! Amazing what people put down their toilets!

We decided we wanted to bypass this nonsensical system. We had already installed a diverter for laundry water, but a composting toilet was out of the question; the council would not allow it.

In fact, when the sewer came through, the council made people dismantle perfectly good composting toilets, explaining, 'You might maintain it well, but if you sell the new residents might not, and then we will have pollution of the waterway!'

Then we discovered the *The Humanure Handbook*, which inspired us to set up our own simple system. Composting your own manure is not to be done lightly or carelessly. All the books warn about leaching, pathogens, intestinal worms and the heavy metals accumulated by humans, being as we are at the top of the food chain. Undaunted by all the negative advice, and uplifted by the sensible information in *The Humanure Handbook*, which we read and discussed several times, finally we acted.

We bought two plastic fishing buckets (\$3.75 each) that fitted nicely inside our toilet pedestals. As we have two toilets and one person easily fills a bucket in a day, we decide each would use a separate bucket and take responsibility for her own waste. This is particularly useful when one of us cannot use the bucket system (such as on the rare occasion of antibiotic use). We got sawdust from a hobby sawmiller who uses only eucalypts from building site clearance (we, too, would be interested in information about the suitability of Australian hardwoods). We already had a shredder to process prunings, weeds, etc. And that is all you need – plus a site well removed from foraging chooks, vegetable gardens and the eyes of neighbours.

Our system works like this. To start with we cover the base of the compost area with sawdust and vegetable mulch to reduce the risk of leaching. Then we use the buckets, covering each contribution with sawdust. Each day the buckets are emptied onto the composting pile and the contents are well covered with mulch and water (to assist the composting process and to avoid odours and flies). We have tested the pile with the longest thermometer we can find and the temperatures reached are okay, but to be safe we build each pile for a year, turn it and leave it for another year for earthworms to do their thing, and then distribute the contents around trees. All our reading has convinced us that there is little risk of anything nasty surviving after that.

I can only recommend that others who, like us, are prevented from using a commercially available composting toilet, read the book and have a go at this for themselves. You might find, as we did, that the process of taking responsibility for your own manure makes a huge change to your outlook on life.

JG, NSW.

**Dear Megg and Co,**

Enclosed is a cheque and subscription for another year's worth of *Grass Roots* for my son and his lovely wife. Dan and Annette took their three children, Jayme, Jesse and Kyra, to live on 100 acres inland from Kempsey twelve months ago. They have lived a spartan life while building their home, and they tell me that they want to go on receiving *Grass Roots* 'forever'!

Any ideas from readers on safe methods of ridding the area of **BLADY GRASS AND LANTANA** would be appreciated.

Although not a subscriber, I do purchase your mag every time, as it has been a way of life to do so for over 15 years. I enjoy all of it, and will one day submit an article, when I get brave enough. My background is in the creative arts, and I am quite passionate about art as a therapy for all sorts of people and problems. My other passion, apart from all my beautiful grandchildren, and my dear creative husband, is paper making by hand. For four years I have been totally addicted and even painting has gone by the way. I am looking at ways of incorporating the two, and this is great fun.

Some items I would love to find to enable me to make better paper are – an insinkerator, a small square shower tub in enamelled metal, grinding apparatus such as that used for animal feed, or even a baseball bat.

Sue Southwood,

‘The Loft’, 59 Railway Pde, BALMORAL VILLAGE 2571.

# FEEDBACK LINK-UP FEEDBACK

## Dear Feedback Readers & all the GR Family,

My sincere thanks go to all who responded to my letter of request in GR 141. I had many responses and have replied to all who contacted me so far. There were a couple of people who gave no name at all or no return address/phone number. To those people, I thank you very much. To Mr Edson Pike who sent me some GR back copies I was seeking, my sincere appreciation (no address included). To the lady who phoned and spoke to my husband, I received your message and thank you also for tracking me down. I have responded to a letter in Feedback, same issue, by Kerry Wyse page 39. I am trusting I will be able to obtain more back copies from her. To anyone else who may contact me after I have posted this off to GR, I thank you all.

I have listed the information gained through the response to my letter – where to purchase **OTHER THAN THE USUAL RETAIL OUTLETS**. Carb soda and cream of tartar: Catering suppliers and manufacturers listed on the packets bought from retailers. Epsom salts (magnesium sulphate): Stock feed suppliers, garden hydroponic suppliers and manufacturers, this is not food grade, but it is okay for the cleaning purpose I required it for.

As I had moved prior to the printing of GR 141 I made arrangements for Australia Post to redirect my mail for a full 12 months – I have done all in my physical power to make sure all mail sent to me is received and responded to. Again my sincere thanks to our wonderful GR family out there for your abundance of sharing and caring, Much love to you all. PS: I am still seeking second-hand back copies.

Michele Maher,  
13/12 Angel St, EIGHT MILE PLAINS 4113.

## Dear GR,

Many thanks for your great magazine which I have read from cover to cover over the last ten plus years. I have a question readers may be able to answer. I keep 20 or so chooks, crossbreeds, who do a good job around our block, and, of course, keep us in lovely free-range eggs. However, at the moment we have six **HENS WHO ARE BROODY**. Is there a gentle method we can use to prevent this, otherwise we will be overrun with our feathered friends?

Ron & Kate,

32 Gaggin St, CLARENCE TOWN 2321.

See GR139, p35 for a method of overcoming broodiness.



## Dear Grass Roots,

News may have reached you, via some twig or tendril of the grapevine, that we are moving house. This is so, but in the usual demonic way of all house-sales/removals it has been fraught with hitches and disasters enough to fill a book. You all know enough of this from your own experiences and it will not be gone into here. We have bought a farm at Seaham, near Raymond Terrace, which puts us close both to Michael and to Ben and Vibeké, as well as nearer the Newcastle specialists who grapple with Pam's collection of auto-immune diseases. Our new address is below for all our GR friends.

Pam & Bill Cole,

'Four Winds', 25 Wallaroo Rd, EAST SEAHAM 2324.

## Dear GR,

Would anyone know if there is a **SOLAR POWERED DEVICE** available that will **TURN OUR WINDMILL** in the absence of wind? Thank you for your magazine. I have been reading it for quite a few years now and it never fails to interest. Please reply to Feedback so that others can benefit.

Tracy,  
PO Box 81, BULLSBROOK 6084.

## Dear GR Readers,

Our small family is living a somewhat rugged existence while building our home. We practise permaculture and enjoy the simple things in life. There is a problem that seems to plague us from time to time and is a nuisance to be rid of: **NITS AND HEAD LICE**.

Could somebody please help a busy person with a quick, effective, natural remedy to stop us scratching like dogs with fleas? Thanks. Drop me a line.

Kathryn Dodel,  
Lot 117 Grand View Road, EWINGAR 2469  
*GR131 has some advice on natural treatment of head lice.*

## Dear GR,

From time to time there are letters in GR asking for advice on building **UNDERGROUND HOUSES**. Recently I've found two books on the subject, both American. They are: *The Underground House Book*, published by Garden Way. This paperback has 208 pages, 140 illustrations, and costs about A\$40 plus postage. *Building Underground*, published by Hashagen, this paperback has 238 pages, 300 illustrations, and costs about A\$70 plus postage. Both are available from: The Garlinghouse Company, 34 Industrial Park Place, PO Box 1717, Middletown, Connecticut 06457-USA. Or phone 203-6320500.

Because of the changing value of the Oz\$ it would be best to ring them first, check costs and if their address is unchanged. Australia Post can give you a money order in US dollars to send over. Alternatively, someone may have imported the books here, so ask around the bookshops and maybe try the Internet as there could also be other books available now. It's amazing when you realise that there are more people living underground in China than there are people in Australia's total population.

A good book to read which challenges your triple-fronted-red-brick-red-tile bungalow ideas is *Architecture Without Architects*. Some council libraries should have it, otherwise it's on loan from the National Library in Canberra, via your local library.

In GR142 Margaret Leslie asks about the **GRADES OF PLASTIC** for use in bottles to reduce evaporation in dams. You'd have to ask the manufacturers of the bottles regarding contamination to the water, and there are only a few to ask. You'd best talk to the industrial chemists in the head offices. However, another issue is that by painting the bottles white they would last considerably longer because the ultraviolet rays from the sun would be reflected and so the degradation of the plastic should be significantly reduced. An added advantage too would be that the temperature of the surface of the water would be reduced and less evaporation of surface water would result. A win win situation if ever there was one. I would imagine that an exterior grade of white acrylic paint would be best to dip the bottles in and this would include their screw tops to protect them as well. Two coats may be needed to thoroughly bond to the plastic bottles.

Here again it may be a good idea to talk to the industrial chemists, this time in the paint manufacturer's head office. These guys can look at the problems from a molecular point of view.

The outcome will be interesting and be a huge leap forward in water conservation. Whoever thought of this basic concept should get a big cash prize from the Federal Government, but they should not hold their breath.

Maybe the final answer 30 years down the track could be purpose-designed-and-made balls of a material best suited to the task, but for the moment, and taking the reuse/recycling aspect into account, you can't beat the bottles.

PS. Aquafarmers have trouble with birds poaching their fish etc, but the bottles could maybe reduce this. The birds would be a bit baffled by it all, and some of the antics of the birds trying to balance on revolving bottles would lead to a few laughs.

Roberino,  
Lot 4, ARRAWARRA BEACH 2456.

# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots,

For the lady worried about soya milk (GR142), this **NUT MILK** recipe may be useful: Half a cup raw cashew nuts, quarter cup of sunflower oil, 1 cup water, 1 dessertspoon honey, two dessert-spoons soya bean flour (preferably stone ground using organic beans). Put into a blender and liquify until a smooth cream is obtained. The thickness of the mixture can be regulated by the amount of flour added. This can be stored in refrigerator and used as 'cream'. By adding more water it becomes a delicious nut milk, which can be flavoured by either a dessertspoon of pineapple juice, apricot nectar or apple concentrate. Most cereals can be eaten with fruit juice instead of milk. Pure Harvest, 15 Ardena Court, East Bentleigh, Vic 3165, makes oat milk and rice milk; sometimes available in supermarkets and health food stores.

I think almond meal could be substituted for the soya flour if a person did not want to eat soya products in the above recipe. Try it and see.

A really wonderful book - *Friendly Food* - is available from the Allergy Unit of Royal Prince Alfred Hospital, Sydney. Fiona of Everton Park (GR142) would also find it useful.

I'd be happy to write to people with allergies if they enclosed a stamped self-addressed envelope. I basically find that figs, dates, nuts, fruit and homemade crêpes from home-ground flour keep my sweet tooth happy, especially as I have a sensitivity to coconut milk and cream. Supernutrition, with high levels of vitamins, a healthy, stress-free lifestyle and diet are necessary to get over the allergy problem. For each year you've had the problem, homoeopathic treatments for a month will be necessary. It's all a matter of balancing out the body's energies. Be very suspicious of cravings and also your favourite foods. It's the things you eat a lot of that are sometimes the problem.

When dieticians say you need variety they mean it. Freeze the leftovers for next week and cultivate the habit of taking meals that are vastly different to the previous day's. If someone could send a recipe for **SOYA CHEESE** I'd refund postage costs.

Helen Bell,  
14/78A Hotham Rd, GYMEA 2227.

## Dear GRs,

During August and September 2001, I am planning to complete my quest to walk the Bibbulmun Track to Albany, WA. I have completed the section from Perth to Collie. The next step, which is a big one, is to go from **COLLIE TO ALBANY**, a distance of about 600 kilometres. I was wondering whether there are any kind folk out in the south-west of WA who live near the 'Track', where I would be able to store and collect my food drops during the walk. If you can help me I would be most grateful, as it would make my journey more enjoyable. Please feel free to write or email me.

Lionel Lovell,  
14 Salisbury Rd, BEECHBORO 6063.  
Email: beech11@iinet.net.au

## Dear Megg, Mary and GR Folk,

We love your magazine and look forward to each new issue! I'm hoping someone can help me find a book - *Allergy Overload* - which is out of print, and not to be found in any second-hand bookshops I've tried. Also, if anyone has a successful bread recipe that does not use wheat or yeasts, I would love a copy please. Both my husband and I are trying to **CONTROL OUR ALLERGIES**, so if you can help we would appreciate it.

Anne & David,  
12 Garden St, MARYBOROUGH 4650.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

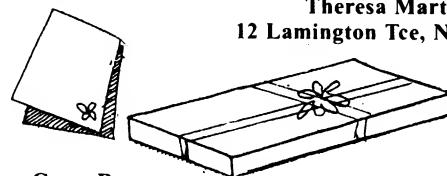
## Dear Grass Roots,

In response to the article 'Asthma, Complementary Therapies', I would like to put forward my views as a qualified herbalist. Conventional medicine treats **ASTHMA** mainly with bronchodilators. Anti-inflammatories are also used and these are corticosteroids. Long-term use of corticosteroids can lead to suppressed adrenal gland activity, so sudden withdrawal of the drug can lead to adrenal failure and death.

Herbal medicine uses bronchodilators such as ephedra and grindelia, expectorants and demulcents such as coltsfoot and horehound, and ginger which is an anti-inflammatory. Expectorants support the body in its removal of excessive mucus from the respiratory system, and demulcents are rich in mucilage which soothes and protects irritated and inflamed internal tissue.

Asthma can be caused by stress, so herbalists would use a nervine such as valerian or scullcap, as they relax and strengthen the nervous system. Herbs are natural remedies, and seem more compatible with our bodies, as they support and help the body in its healing process.

Theresa Martens, Dip App Sc,  
12 Lamington Tce, NAMBOUR 4560.



## Dear Grass Roots,

I am another convert to your mag, having purchased it recently after a friend joined your staff. With a birthday coming up I asked the in-laws to get me a subscription.

I am also a victim of the dreaded **CHRONIC FATIGUE SYNDROME** (2½ years) and was interested to see letters from a number of fellow sufferers, and will try some of their ideas, especially the amaranth cereal. The only positive aspect of the illness is that I am now more health conscious, have halved my workload and so have more time to smell the roses, grow my own vegies etc.

The more I learn about our tainted world, the less surprised I am to read about the increase in diseases such as cancer and CFS. It is time everybody started to make a difference to our world by only using environmentally friendly and natural products. There are many good ones available. Anxiously awaiting my next issue of GR.

'The Cat's Mother' (GR144),  
C/- PO Box 117, SEYMOUR 3661.

## Dear Folk,

Would anyone care to write to me with experiences, practicalities, etc on the following topics: Home schooling, especially pertaining to NZ, and how to work it around preschoolers; living without electricity; how to make use of an 1800 square metre section as a small farmlet; and keeping goats on a small area (with possibility of a few small paddocks down the road).

Also, I would really like to write to some folk of the **OLDER GENERATION** who lived through the **DEPRESSION** of the 30s, and how they survived or their mothers managed. I really like learning how people managed through adversity.

Judith Forsyth,

C/- 24 Haswell St, EKETAHUNA 5480, NEW ZEALAND.

## Dear GR folk,

I have been reading GR for 23 years now (since I was a pup) and have always been inspired. I am presently on my own looking for a farm in WA preferably (one to two hours Perth radius) to swap for one or two blocks in Mandurah. I envisage building a totally self-funded, self-sufficient, endangered animal species park with a tribal feel and presently find myself tied up with real estate at a slump. Please write care of below address for details.

Francine Charovre,  
3/61 Elizabeth St, SOUTH PERTH 6151.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I have a couple of old GRs, as well as the latest one and I enjoy them all; the hints, patterns and Feedback, all very down to earth. I wanted to share a little story about paper that reminds me of that day when the War (II) ended in the Middle East.

I was a teenager learning dressmaking in the city, travelling between Redcliffe and Brisbane by bus and train. On this day the train started whistling nonstop, and because it was an express run we were not sure what was happening, but it was soon passed on to us and we were still not sure until the train arrived at Central Station. We got out to find people jumping, dancing, singing, laughing, hugging each other, kissing strangers, you turned from one to another rejoicing. But it went further than that, policemen were a good target to get kissed, people jumped into the ponds in Anzac Square and climbed onto the statues.

Paper came out of all the tall buildings like confetti. The streets were so covered with paper it was like foam. One truck I was pulled up onto as it drove up town was packed high with typewriting paper. We threw every bit off the truck as it went along. When the truck stopped at the other end of the Grey Street Bridge, the poor driver looked bewildered when he found he didn't have any paper at all to deliver. We continued up over to Queen Street again into ankle-deep paper confetti, singing and making a chain of people like a long snake winding through the streets. It was a great day. I wonder who cleaned up all that paper and where it went.

I'm wondering if anyone has a recipe for green mangos besides chutney, also green pawpaw. Maybe you could share them in a future GR issue. Trouble is we hate to wait – the next issue is so far away. Probably too late to hear from anyone until April-May.

I'm anxious to get my next mag, as everybody else is I'm sure.

Mauriene Coulta,

5 Burton Crt, PT VERNON, HERVEY BAY 4655.

Readers will be interested to learn that Mauriene is 72 this year. Thanks Mauriene for sharing such an evocative memory.

## Dear Grass Roots,

Late in 1996 I was diagnosed with CHRONIC RENAL FAILURE and told that if I did not undergo dialysis by Christmas 1996 and have a subsequent transplant I would die. I was told there is no cure. I chose to seek an alternative route as I strongly felt that the suggested treatment was definitely not for me. To date I have not had dialysis, no transplant, and have not taken any of the drugs they wanted me to take. I am by no means cured, but I am not dead either as predicted. I am working on my recovery. One thing I have discovered is that people in my position are rare, in fact, I have not met one yet. I am very interested in communicating with anyone who is doing or has done what I am doing in relation to chronic renal failure. Please write to me at the address below or email me at [kidneydisease@yahoo.com](mailto:kidneydisease@yahoo.com) and I would be more than happy to exchange ideas, information and experiences.

Annb,

1625 Tamborine Oxenford Rd, WONGAWALLAN 4210.

## Dear GRs,

We left Sydney seven years ago to TOUR AUSTRALIA, starting with an old Landrover and box trailer. Seven cars, three tinnies, two caravans, two tents and two children later we are still going. Countless experiences we will never forget and friends we will always keep. We have lived and worked and toured every state and tend to concentrate on national parks and bush camping when travelling (as against towns and cities). Though I thought I'd never say it, I'm finally FEELING LIKE SETTLING DOWN and getting the dreaded mortgage. We would like to buy a small farm on the north



coast NSW area to bring up our kids and finally have a garden larger than a foam box!

We would like to hear from some GRs who could share some information about any of the following: home schooling, Steiner schools (or other alternative schools) and locations in northern NSW; experience of owner builders in mudbrick, straw or stone buildings; attic/barn type house designs; solar panels/hydro power; fruit trees, worm farms, goats, chooks etc. Or if anyone has spare back issues of GR on these topics we would be grateful.

In return we have knowledge to share on travelling Australia and if anyone is considering taking off and has any questions, feel free to write (free camping, gaining employment interstate, camping experiences, Australian animals, caravan and trailer conversions to off road, campfire cooking, national parks, remote areas etc).

Manda & Troy,

C/- PO Box 518, MACKSVILLE 2447.

## Dear Megg, Mary and Readers,

First of all, thank you for an inspiring magazine. I discovered GR about two years ago and now eagerly await its arrival every two months. I am wondering if readers can help me. I am after a VEGETARIAN SUBSTITUTE FOR GELATINE. I love cooking, but many delicious-sounding recipes contain gelatine which I prefer not to use for philosophical reasons.

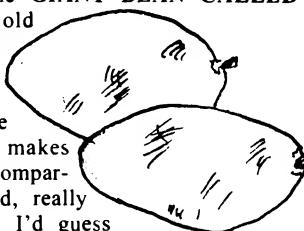
Narelle Keen,

2/212 Eagle St, COLLINGWOOD PARK 4301.

## Hi, Once More,

Thanks to all who replied to my previous letter. Sorry I didn't get to reply to all – extreme incapacity contributing. We'd still like a south-east to mid-Queensland cottage, bit of viable soil, to own, either vendor finance or some alternative. I'm afraid of all so-called normal bank finances (never owned a home yet), and we'd be eligible for the \$7000 grant. Could some kind person please tell me the pitfalls to look out for in buying, and what vendor financing involves, ie, is a large deposit better, or move in and pay it off ASAP? Willing to repay.

Has anyone at all heard of the GIANT BEAN CALLED AZZELIAZ? We've found an old mango tree with fragrant, rich slightly tangy fruit (rosewater and lemon). Will they reproduce from seed, or cuttings? We've never come across such an exotic flavour, makes Bowens, Thais etc seem bland by comparison. We've also found some old, really strong smelling single marigolds. I'd guess they're better at pest control than recent types. Not many seeds to share yet. Till next time. May all the gardens flourish.



PS: If anyone would like one or two of these exotic mango seeds, drop a line and we'll see what we can do. Anyone who has experience with home food dehydrators – which work best etc – we'd like to buy one soon.

Em (GR144),

C/- PO Box 117, SEYMOUR 3661.

## Dear GR Readers,

I was wondering if anyone would have any instructions or recipes for making EAR CANDLES from pure beeswax and non-bleached cotton or calico. My husband has bad ears which regularly need ear candling. Also, does anyone have any COMFREY seeds/plants and instructions on how to grow it?

Joanne Pritchard,

11 Campbell Cres, KARRATHA 6714.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I am looking for **GR MAGS NO 1 AND 3**. I am willing to pay up to \$50 for each of them as long as they are in very good order. Anyone willing to part with the above please call Brett on 0418-160-570.

Brett Scott,  
Kiah Pauls Pde, ELLESMORE 4610.

## Dear Grass Roots,

I think I last wrote to your magazine about 15 years ago (age 12) seeking a penpal. I am now 26 years old and my boyfriend and I have just moved to Goulburn. We are renting a house in town which has a good sized yard surrounded by native trees and plants. I plan to get vegies, herbs and compost on the go soon, but right now I'm still busy unpacking!

I would love to hear from anyone in or around **GOULBURN** who shares my interests. I enjoy reading just about anything, music, crafts, and I am trying to learn to spin. We are very keen on building a straw bale house in the future. I'm not much good at letter writing, but love a chat over a cuppa.

Thanks to all the team for a great magazine. My mum is a big fan of *Grass Roots* and I will be continuing the tradition.

Clare Gillespie,  
6 Ballanya Ave, GOULBURN 2580.

## Dear GR & Readers,

Hi, congratulations on yet another year of wonderful information. I have GRs going back to number 26. Wow, that 20 years went quick. In that time I've had my share of ups and downs, but GR helps lots knowing there are other people out there trying to just live their dream.

I am a single parent on 3/4 acre, organically growing vegies, herbs and natives. I am lucky to have a lovely old stone house, so these 40° C days are bearable to a relocated Kiwi girl. Boy have I learned the mulch-it lesson with days and days over 40 degrees. Today I had to learn to be a plumber, only a broken pipe but what a good feeling to do it yourself. I weave old clothes up into lovely rugs, spin and make clothing out of scrap leather. Was a greenie in NZ and am now getting involved in Greening Australia here in the closest town area to me. I've lived in the **RIVERLAND** for seven years and would love to meet other GR people in the area. I am 38, love tattoos, motorbikes and children.

Christine Winter,  
PO Box 1584, LOXTON 5333.  
Ph: 08-8587-3096.

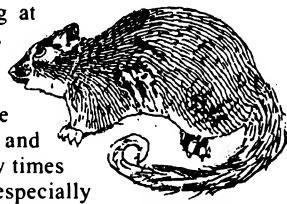
## Dear GR Readers,

Well, it's been a year since we moved to the bush, a year of trials and tribulations and especially learning. We have survived all seasons with the dry spell being the most testing as water was nearly nonexistent and people's crops and livestock in the neighbouring town were dying. The bushfires weren't the best either, but fortunately our part of the community came through unscathed whereas others weren't so lucky.

My cooking skills have improved and I still prefer to knead the bread dough by hand rather than taking the easy way out. We make our own soap, washing liquid, washing up liquid and cleaning products, being careful what we put down the sink. The beer brewing has been successful up to date with a minor setback when we got caught in winter, losing a batch due to bottling too early. We didn't have much luck with the ginger beer as it was so fizzy it went everywhere when opened. I obviously didn't let enough gas out during the process. Perhaps I'll try the nonexploding recipe from the last issue and open it outside just in case. We got a bit of a laugh out of it, but it was quite a messy affair.

We eliminated our **POSSUM PROBLEM** in the vegie patch by buying some cheap netting for two rows, which has provided a great barrier. The cheeky critters still climb up and eat the green tomatoes, even though there are other plants unnetted they can

graze on. It was very disappointing at first because no sooner would things grow than they would get eaten. I was almost going to give up when we saw not one possum but a whole family of them. We persevered and learned to live with each other. Many times I would be so angry with them, especially when they ate at our first pumpkin. So we put chicken wire around the pumpkins when they grew and have since picked three beauties off the vine.



All excess produce gets blanched and frozen, or sun-dried, pickled, used for relish or sauces. I infuse cooking oil with the chillies and herbs. We are looking forward to our first fruits (hopefully) next season and also to making those lovely jams and marmalades. Can't wait for those watermelon to ripen too.

Our native garden is coming along nicely, even with limited water, and the flowers are attracting the birds which we watch from our front window. We are always searching for water-wise plants to fill our front garden. It's a real delight at the moment as it has been raining all night and all day. How lovely. The garden is getting a much-needed drink and our water tank is slowly filling. What a glorious sound that is. It's been two months since the last rain.

Oh well, best go and do the afternoon chores. Bugger the gumboots, I might just let all that beautiful mud ooze between my toes. Thank you for all your help and hints throughout the year and I hope I have helped those people I have sent info to.

Julie,  
Lot 305 Spiegel Rd, GLENWOOD 4570.

## Dear GR Folk,

I thought I would write in the hope that someone could help. I am trying to replace a book I have lost – it is very dear to me and I have tried for several years now with no luck. Maybe someone has a copy they no longer want or need and would be willing to sell it to me? It is called *The Wisdom of Buddhism*, by Christmas Humphries. I would really appreciate some feedback on this!

D Letch,  
12 Arizonica Dve, CLONTARF 4019.  
Email: dottel@dingoblu.net.au

## Dear GR & Readers,

I've been a fan for years and tried lots of hints with some success, however, most recently from an old library-loan edition on tomato frames using 2.5 m star pickets and heavy gauge wire mesh. My five varieties of tomato have far exceeded my expectations, growing 2.1 m high and flourishing, not to mention the bumper crop. Most have been bottled, sauced etc. Friends and family are delighted with the organic flavour. The main plus is not having to tie to stakes as the wire mesh supports the branches and the weight of the fruit. This will be my method for growing tomatoes in the future, a great success!

I am currently living with and caring for my aged father in suburban Wagga. Prior to this I lived 10 years on my hobby farm in Mackay, Queensland, and loved every minute. I've also lived in Adelaide, Canberra, Sydney, Shepparton and Horsham. I do prefer a cooler coastal climate though, and would very much like to hear from readers in the **EDEN - BEGA** areas or south coastal. Any info on lifestyle or real estate ads from local papers would be much appreciated.

Due to ill health, a small block with cottage would be manageable and ideal. I'm in my mid 40s and single, but handy with tools. I adore fishing, gardening, embroidery, quilting, metal detecting on the beach, renovating and decorating.

Bridget Cheverton,  
136 Grove St, WAGGA WAGGA 2650.

# FEEDBACK LINK-UP FEEDBACK

Dear Ms Horsfall,

Re: article on **TREATMENT OF HONEYBEE HIVES** with mites (p38, GR142).

I would like to note that Australia is free from the pathogenic mites of the honeybee (*Apis mellifera*) that are now present in most other countries. The exotic parasitic mites of quarantine concern to Australia are commonly referred to as varroa mite (*Varroa destructor*), tracheal mite (*Acarapis woodi*) and the Asiatic bee mite (*Tropilaelaps clareae*). These mites parasitise honeybees and heavy infestations result in colony weakness and death. The introduction of mites into Australia would be devastating to Australian beekeepers and honey producers as well as horticultural industries that depend on pollination by honeybees. The main method of international spread of these parasites is through trade in infested honeybees in the absence of appropriate quarantine awareness and protocols. To maintain Australia's favourable health status the Australian Quarantine and Inspection Service (AQIS) has stringent quarantine requirements for the importation of live honeybees. A purpose-built quarantine insectary is maintained at Eastern Creek (Sydney), into which live honeybee queens may be imported and managed under conditions specified on a quarantine import permit. Subject to satisfactory completion of quarantine examinations for parasites and undesirable genetic traits, progeny of the imported queens are released from quarantine to the importer. This policy is supported by the beekeeping industry and provides safe, legal access to genetic material from overseas while managing the risk of parasite introduction in a high security quarantine facility. AQIS also maintains a team of quarantine detector dogs around the country, at ports of entry and mail centres, that are trained in the detection of goods of quarantine concern, including live honeybees, meat products, fresh fruit and vegetables. In October 2000 a person was caught attempting to smuggle honeybee queens into Australia from Italy – prosecution is pending on this matter. Quarantine reporting requirements are also in place for all vessels calling into Australian ports to ensure that vessel masters conduct an inspection of vessel and cargo for any signs of feral bees before being cleared to enter an Australian port.

Australia is fortunate to be free of the parasitic mites of the honeybee and quarantine requirements effectively protect our bee-keeping industry from exotic parasites of honeybees; treatment for those parasites is therefore not required here. I trust that your well-intentioned reader may have experience of honeybees from overseas, possibly North America where the parasitic mites are present and maple syrup is plentiful. In the event that mites are suspected in a beehive in Australia, the relevant state department of agriculture should be contacted immediately to investigate further. Contact numbers in each state/territory are as follows: QLD: 07-4661-6623; NSW 02-4577-0600; VIC: 03-9210-9222; SA: 08-8207-7976; WA: 08-9368-3569; TAS: 03-6421-7635; NT: 08-8999-2036; or the Australian Honey Bee Council: 02-9247-1180.

Ian Peebles, Veterinary Officer,  
Agriculture, Fisheries and Forestry Australia.

*It would be appreciated if the author of the Feedback letter (wrongly published as Jessica from Ellalong) would contact GR to clarify whether the advice given related to overseas experience.*

Dear GR Readers,

I've been reading GR for some time and think it's great. I was hoping some readers might be able to help me with some info. I've



been tie-dyeing for family and friends and can't get NYLON OR POLYESTER CLOTHING TO TAKE DYE using hot water. Is there a fixant to help with this? Would also like to know where dye can be bought in larger, cheaper quantities (quite expensive from our local chemist). Is it safe to use the dye water for other purposes? I'm interested in learning about natural dyes. I'd love to hear from people with some ideas.

W Murphy,

C/- Post Office, IRISHTOWN 7330.

An article in GR 138 'The Reincarnation of Nylon', recommends landscape dyes, available from: Krafikolour, Factory 11/72-74 Chisley Drive, Preston 3071. Ph: 03-9484-4303.

Dear Editors,

Thanks for your great magazine! In response to the HOME SCHOOLING article in Oct/Nov 2000 by Juliana Doupe: We home schooled our three sons for six years. The eldest one to year 10. He has now completed year 12. The last two years were spent at a private school where he was so 'poorly socialised' from being home schooled that he was elected school captain. Distance education by Education Queensland is not 'true' home education (so 40,000 home schoolers Australia-wide will tell you), as you have your head in books from daylight to dark. Distance education is labour intensive and totally removes any joy from learning that a child may have – I know, we tried it!

I have held conferences (three) over the years for home schoolers, and know that learning styles vary rather dramatically from tightly structured 'school-brought-home', to the attitude of taking one day at a time 'let's see what happens today' approach. We decided each year how we would go, but basically used the 'delight-centred-learning' approach where we could remain flexible, livable, enjoyable and teachable. My sons are now ages 17, 15 and 11.

Upon going into a small private school at the beginning of last year, to our delight they were found to be assertive, knowledgeable, friendly and courteous. My 15 year old also was a school captain last year. So much for what the systems say! As long as a child learns to be a prolific reader with a growing appetite for knowledge and a teachable attitude toward parents and others, I believe he/she will turn out better than children who are extremely institutionalised at schools. I am happy that I have found such a good little school with flexible approaches to education. By the way, Education Department Queensland will allow distance education to be used even if you live two doors away from a school!

Kath Fenby,

2A Clarence St, WATERFORD WEST 4133.

Dear GRs,

I would like to draw readers' attention to the possibility of WIND GENERATORS failing due to metal fatigue – I know of instances of this happening. I think that this is a disgrace and perhaps it could be a design fault? After all, wind power is a mooted option for the environmentally conscious. Solar and wind power are, or are supposed to be, viable options instead of using coal as a fuel and I think any reputable company involved in designing alternative power sources should unequivocally stand behind their product.

Alan Frowd,

575 Sheffield Rd, NEERIM SOUTH 3831.

Dear Grass Roots,

While on a visit to Brisbane I bought ginger marmalade, mango and ginger preserve and chilli jelly to take home to the UK. Now that we have consumed the lot my family insists that I make some during the summer with whatever ingredients are available here. Could any readers send me the recipes if they know how to prepare these delicious Aussie spreads? Thank you GR readers.

Victor Magedera,

72 North Western Avenue, WATFORD, HERTS,  
BRITAIN WD2 6AE.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

## Dear Ladies,

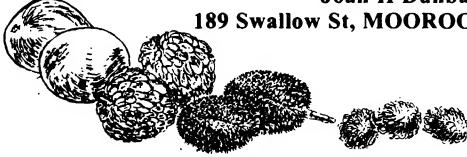
A few years ago I picked up a *Grass Roots* magazine in a second-hand store. It is dated 1986 – number 55. Years later I found a current issue in a newsagency, so I have been buying them ever since. They are truly wonderful magazines and every time I reread them I find something new. At long last I am putting pen to paper and subscribing. My current magazine is number 142, Dec/Jan issue. I have just read it cover to cover.

I am a senior citizen, in the later sixties and live on a double house block in the heart of Cairns with my beautiful Dane, Seriah. She is always close by my side when I move amongst my rare fruit trees.

I grow about 50 trees and some include abius, black sapote, white sapote, mamey sapote, star-apple, bread fruit canistel, sour-sop, custard apple, sapodilla and rambutan and many more. Amongst all these trees stand five mango trees. The mango trees suffer from anthracnose which is quite a problem in the north.

Joan H Dunbar & 'Seriah',

189 Swallow St, MOOROOBOOL 4870.



## Dear Friends,

I have a family of four (two kids) and we will soon be moving onto a property in Missabotti (mid north coast, NSW) to embark on some serious self-sufficiency. Up until now we have been 'practising' on a hectare. I am considering HOME SCHOOLING, but would like to link up with other home schoolers in the area. I am a trained primary teacher and Steiner teacher and am currently home schooling on a part-time basis while my daughter attends a Steiner school here in Victoria two days per week.

Is there anyone in the Nambucca Valley or thereabouts who would be interested in home schooling with a Steiner approach? I would be happy to guide others, perhaps meeting on a weekly, fortnightly or other basis. Preferably children eight years or under. I am also considering running a playgroup/preschool group for the little ones. Please contact me if you have any interest in the above ideas, either for now or the future.

Thanks GR crew for a fantastic magazine. What would we do without you? Whenever the idea of self-sufficiency seems a bit crazy, unattainable or just too difficult, a dose of GR reading is all I need for relief and inspiration!

Tamsenne Grogan,

C/- Maryknoll Post Office, MARYKNOLL 3812.

Thank you for your kind words Tamsenne, and good luck in your new home. Keep in touch and let us know how it all goes.

## Dear Megg & Crew,

Well, the first and last time I wrote, I was trying to get my vegie garden going in the heat and drought we've been having for the last few years. The first lot of crops was pretty good. Since then, well, we've kinda let it go. So many other things happened in the meantime. Brian lost his dad, a very sad time for us. The only really good thing to come out of that is that we've inherited his ACREAGE AT GATTON, Qld. And that is what this letter is all about. Could any GRs from that area contact me and let me know anything and everything about the area? In particular, what are the best varieties of everything, from vegies to flowers to trees, to grow there? We're currently trying to sell our house here in Blackwater to finance our move. In the meantime, I would love to hear from anyone who can give me any information on the area. We've visited Gatton quite a few times and know our way around, but only as tourists. I would also appreciate knowing what type of poultry does the best in the climate there, as one of my first priorities will be to populate the chook run. I look forward to hearing from future friends and will reply to everybody.

Thanks, Megg, Mary, all at GR and all the people who write in helping to sustain the dream and inspire caring people to turn it into reality. You keep my faith alive.

Terri Guest,

11 Conachan St, BLACKWATER 4717.

Email: terrig@networx.com.au

## Dear Megg,

Ill fate and a paradox brought me here to the NEW ENGLAND TABLELANDS. It's a too-long extended story: All I can say is trusting bureaucracy and befriending people with an open trust can be detrimental to one's health and beliefs. As it was then, two distinct paths reared themselves at me in my forties. One was to survive the social abuse and hold onto as much health and dignity as I could. The other was ending up financially and spiritually broken. The choice became to try and survive. Even though I'm challenged with a lot of isolation now and limited facilities, I wouldn't go back to my cosmopolitan lifestyle. Becoming one with nature and the frail environment we have now, I've really had to suffer first before realising what real living was all about – creating a beautiful garden and vegie patch with animals and a clean comfortable home. My only problem is that because of financial ruin, I need to find one person who feels the same as I do and share the sanctuary which was created out of nothing. A true miracle, considering the high odds against me. Hope has a league all of its own, no matter how impossible the task may be. Believing in yourself and being one with nature is His gift to us. Anyone who would like to know more, or possible sharing enquiries, please give me a call on 02-6736-4121.

Sylvia French,

10 Railway St, TENTERFIELD 2372.

## Dear GR Folk,

Any folk suffering from chronic fatigue syndrome could well be suffering from Q FEVER FATIGUE SYNDROME. This Q fever can be contracted by airborne contamination or from animals. A doctor's handbook is available, free, from: Health for Industry, 53 Avison Street, Moorooka Qld 4105.

Bart Boadale wrote in about a plug-in device that rids your house of vermin, but does it have an effect on pets as their hearing is better than ours?

Could anyone tell me why our mandarins and mulberries are completely tasteless? It took me ten days of trying to get a bird net over the mulberry tree and my effort was wasted as the fruit was tasteless. The mandarin has fruited three years running with masses of fruit, it's well mulched and fertilised, but the fruit doesn't have a lot of juice and has no flavour at all. Thank you in advance for any information sent.

Our lemons and oranges are good.

June Connelly,

60 Braeside Dve, LAUNCHING PLACE 3139.

## Dear Grass Roots,

I do love reading your magazine, one learns a lot from other folk's ideas. I wonder if any reader could tell me how to keep apples from getting ruined with CODLING MOTH? I'm not keen on spraying with poison and when I did I still got ruined apples and so did my neighbour. I was told last week that if I put wood ash around the tree trunk that would help.

I'd like to know how to KILL OFF ANTS, all types. I've been using sump oil, but that does not kill them only drives them to start in another area.

Mrs H Kelynack,  
DINGEE PO 3571.

In her book 'Natural Control of Garden Pests' Jackie French discusses solutions to the codling moth problem in detail. It should be available in your library. Ants perform many valuable functions in all ecosystems. Unless they are nesting in walkways or in houses leave them be.

# FEEDBACK LINK-UP FEEDBACK

Hello,

I am writing to ask for ideas and recipes that **DO NOT CONTAIN BOTH YEAST AND SUGAR**. Also any information on the plant group deadly nightshade. I have to eliminate all these things from my diet and my tummy thinks my throat's been cut because it's not getting all its usual favourites, although I do admit to already feeling a difference since starting. Any help would be appreciated.

You will also find a cheque enclosed for a 12 month subscription, my husband and I couldn't stand to miss an issue.

Jo Nipperess,  
PO Box 145, LENNOX HEAD 2478.  
Email: joeynippo@hotmail.com

Dear Megg & Co,

We have a few things we are hoping GR readers can help us with. First of all, does anyone have any spare **JOJOBA, RED PAWPAW OR ALMOND SEEDS**? Also, is there anyone in the Sunshine Coast area who grows cherries and could part with these seeds? We can swap for pigeon pea seeds, or pay for them. In GR142 there was a story on the large black pigs (on the back cover). Is there anyone in the Hervey Bay, Gympie or Sunshine Coast area that has this breed of pig, or similar that are black and grazers?

Can anyone tell me the best way to tell when a cow is bulling (we only have one so mounting others does not work)? And last of all, to Leanne of Imbil: We gave a friend of ours your contact address to correspond with you and his letter was returned to sender 'not at this address'. Maybe there is more than one Leanne in Imbil?

Leonie & Rob,  
'Noswad Yelkub Domain', BROOLOO.

Dear GR Readers,

Adventures in organics! I have ventured, I have toiled and I have loved (and still do), but I want my bean sprouts and I want to eat them too! And soon! I'm a busy lady and I need help turning my organic jungle into an organic paradise. Let's help each other out! I'm offering free **ROOM AND BOARD** in my lovely, large, and livable but 'in progress' home in return for three hours a day building my garden. I also have chooks and ducks with whom I hope you will get along and care for.

My house is in a quiet and shady bayside suburb of subtropical Brisbane, close to the shops, rail line, the sea and the big city (a half-hour by train). You would be able to work full or part time elsewhere, complete your flexible hours with me, save heaps of money and live in a great neighbourhood.

Diane,  
55 Shepherd St, WYNNUM 4178.  
Ph: 07-3396-2099.

Dear Editor and GRs,

Currently I've eighteen potted tomato seedlings on my workshop bench; special, **LATE TOMATOES** to plant for a late autumn crop. The potted seedlings get the rising, early sunshine, missing the hottest part of the day. Every day I've rotated the pots 180 degrees, to keep the plants upright as they quickly follow the sunlight. Since reading Bob Rankin's article (GR143, page 8) I've not turned the pots, already seedlings are at about 45 degrees, I plan to give them about ten more days before transplanting to garden beds.

I'll use skills from prewar days, copying Mum and Dad's ideas: place overripe bananas or banana skins about 50 mm below roots of tomato seedlings. Also, later, plastic covering over plants for solar warmth, thus combining Bob Rankin's idea (thank you Bob), the longer tap root, with the nutrients of banana and solar warmth. I don't recall Mum or Dad using the word solar, simply, it was protection, kept cold air off plants, thus prolonging their season.

Ken Woods,  
79 Blake St, SHOREHAM 3916.

Hi There Megg & Mary,

In the latest issue (GR143) there's a couple of mistakes. In Feedback, Anne of Glen Innes has a 3233 postal code on it. This should read 2370.

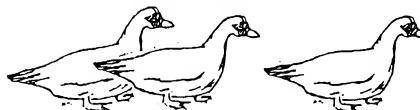
In regard to Bugged-Out, this type of spray also kills off everything that plants need, such as bees, ladybirds, lacewings that are very friendly around the organic garden.

Sambucca essence will be available again in two or three months time due to government testing, I was told by the Hoyts Food Manufacturer in Victoria. They are waiting for the approval to come through regarding taxes.

Colin Law,  
2/6 Angus Close, WANTIRNA 3152.

Dear Grass Roots,

While attending a gathering in northern NSW recently, I met two women from Queensland who were in the **FUNERAL BUSINESS**. They offered a funeral service that catered to pagans and earth-loving folk who wished their deaths and interments to be handled differently from conventional methods. Their phone number for interested readers is: 0500-825-566.



Mim Traynor,  
PO Box 196,  
BELLINGEN 2450.

Dear GR,

Congratulations on a great magazine that always seems to inspire me to do better. I'm living in a small town with my husband, step-son and four month old son, also with a range of animals. We have dreams of buying our 100 acre bush block, but the renovation and sale of our house must come first.

In answer to many questions on control of **KIKUYU GRASS**, I have a bit of a novel answer in my three Muscovy ducks, let to have free run of the garden area. They are like little lawn mowers and they will keep kikuyu tamed, to an extent, while also keeping vegetables and herbs free of snails slugs and general pests – as they can see 360° nothing escapes their notice.

Our dream house is a mudbrick yurt, so does anyone have any advice on either, like where to begin? We have no idea how to make mudbricks or what type of soil we need, as the type of soil we need could dictate the block of land we buy.

I am **BREAST-FEEDING MY SON** at the moment and plan to breast-feed until he is about two years old. The choice being made because it is the most natural and healthiest choice for my child. But, I am finding that I am in a minority and that I am at the end of many negative comments. I cannot understand people's attitudes. What did women do before formula? Besides being good for baby's immune system, health and brain development, it is a wonderful way to bond with your baby. I am only 26 years old with my first baby, but I have the support and knowledge of my mother who has successfully breast-fed eight children, me included. If there is anyone in a similar situation who needs other breast-feeding mothers to talk to, feel free to write because I know what it is to live in a community where bottle-feeding is the 'norm' and breast-feeding in the minority. Write even for advice. I am sure between my mother and myself we might have an answer. Years ago women had support from mothers, grandmothers and even aunts and friends for breast-feeding, now the chain is broken by the introduction of formula, a lot of knowledge has been lost.

Also, has anyone got ideas on how to use **SHOWER WATER FOR GARDEN USE**? We live on a suburban block, with the usual plumbing, but have only recently had to pay for excess water use. How do we use the water? Do we need to put it into tanks to let the soap suds settle?

Emma Timoshenko,  
48 Mary St, DUNGOG 2420.

# VEGETARIAN FOOD FOR KIDS

by Marie Podger, Richmond, NSW.

You may, for reasons of health, economy, environmental concern, ethics or religion, wish to raise your kids as vegetarians. Some kids, like our Ben, just don't like meat much! Contrary to popular belief, vegetarian kids have at least as good a level of general health as their carnivorous pals, as long as their diets are well planned. Special considerations do apply to vegetarian children to ensure that they obtain adequate nutrition, and a vegan diet for children requires extra care. Most plant-derived foods are low in useable iron, methionine, zinc, vitamin B6 and vitamin A, amongst other nutrients, and lack vitamin B12.

The body does not synthesise B12 and a deficiency can lead to anaemia, or even neurological damage. A deficiency is usually not obvious until the damage is already done. Make sure the kids eat B12 fortified products and/or take a good multivitamin-mineral supplement. Breastfed babies may sometimes be at risk if their mothers are even slightly deficient in this nutrient, so vegan mums shouldn't assume that kids are okay just because they are still nursing. In the past it was believed that spirulina and comfrey were good sources of this vitamin, but they have been found to contain it in a form that the body can't use. Mushrooms, promoted as 'meat for vegetarians' due to their B12 content, and fermented products such as tempeh, are also under investigation for the useability of their B12. It has been shown that in India vegetarians eating organically grown rice unknowingly consumed enough weevils to provide adequate B12, while their more affluent countrypeople who ate rice treated with pre- and post-harvest pesticides developed deficiencies! Perhaps the same occurs here!

Methionine is an essential amino acid, primarily used for fat and protein metabolism, found in grains, seeds and nuts.



The impish miss Ruby Schoneveld enjoys her healthy tucker.

Vitamin A deficiency can be a problem, especially for vegans, because, although vegan diets are usually high in appropriate betacarotene-rich vegetables (betacarotene is a vitamin A precursor), a lack of fat, iron and zinc can interfere markedly with its absorption.

The regular inclusion of various seeds and nuts, wheatgerm and whole grains, pulses, tofu, miso, parsley and bean sprouts will provide zinc.

Many breakfast cereals are now iron fortified and are usually popular even with fussy eaters. Other vegetarian sources of iron include green vegetables, eggs, dried fruits, whole grains, nuts, seeds and pulses. Up to 22 percent of the iron in meat ('haem iron') is absorbed, while only one to eight percent is absorbed from eggs and plant foods. Give kids vitamin C-rich foods such as fresh fruit and veggies, or a small glass of juice, to make all types of iron more readily usable. As little as

60 grams of vitamin C (such as in 150 millilitres fresh orange juice) can triple the amount of iron absorbed! Despite popular opinion, the level of iron deficiency in vegetarians is no higher than that of the general population.

Kids who don't use dairy products should be given calcium-fortified soya products; fresh fruit soya milk smoothies are very popular. Calcium can also be obtained from sources such as molasses, seeds, nuts, carob, pulses, parsley and dark green veggies, figs (dried), sea vegetables and grains (such as oatmeal), and tinned salmon or sardines with the soft bones included.

Kilojoules, rather than protein, are the main concern with regard to growth rates of vegetarian children. Because vegetarian diets tend to be high in fibre, and thus more filling, children's small stomachs may often be full before they have consumed sufficient kilojoules to fuel the rapid growth and development occurring in these crucial early years. This is why it is important that children's diets not be overly low in fats and fuels, especially if dairy and eggs are not consumed. Nut butters, tahini, dried fruits and avocados are useful, versatile energy foods that kids generally like. Provide whole nuts for kids over five, but never give them to toddlers – grind them to a paste first (the nuts, that is).

## NATURAL MEDICINE

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Hospitals and community health centres usually employ a nutritionist who could help you to tailor-make an adequate eating plan. At the very least, you should do plenty of extra reading on the subject if you choose to raise vegetarian or vegan kids.

Remember, we meat eaters need to balance our diets with care too! We all know a few omnivorous parents who assume that their child is getting all the necessary nutrients simply by including the odd pie, amusingly shaped manufactured chicken nugget and 'all-beef-patty' in their intake of chips and sweets.

Junk food can be very tempting to children who see their friends running around with packets of crisps, cans of soft drink and the ubiquitous burgers from 'that place with the big yellow M out the front'. Make popcorn (organic kernels are readily available and we find they pop more reliably) and serve with little or no butter and salt. Make crisps by thinly slicing spuds with a slot-grater or cheese-slice and cooking, well-spaced on baking paper, in a hot oven. You could use a light spray of oil. Home-grown organic potatoes really do taste great this way. These snacks can be sealed in reusable little snap-lock bags when cold, to take to the park or kindy or school. Ben loved a single-serve size Calci-Plus soya milk, flavoured or plain, in his lunchbox as a treat. For some reason, this amazed the parents of many of his friends, who would say, 'How do you stop him from eating Twisties/Goldfish/jam sandwiches on white bread/Maccas, and drinking Coke/cordial etc like our kids?' Easy – just don't buy it for him! Point it out in the supermarket: 'We never buy that, do we; because it isn't

good for us and it costs too much.' Or, 'That's not really healthy food, but it's fine to have as a treat sometimes.'

The first time Ben was invited to a birthday party at That Burger Place we were torn over whether to let him go, but not wanting to make it into tempting forbidden fruit, or disappoint the birthday boy, we accepted. He did us proud by walking in, standing beside the table and announcing in a big voice entirely without prompting or coaching from us (honest!), 'You shouldn't eat this food, it's bad for you!' He still had

a lovely time playing games and chatting with the patient and bemused staff. I should add that even though we don't eat takeaway multinational burgers, we are hugely grateful to the supporters of Ronald McDonald House, a charity which provides accommodation for sick kids and their families close to the children's hospitals where they are being treated. Ronald McDonald House Westmead, we love you!

To conclude, a sad reminder: While you can do all the right things for your children – healthy food, minimal exposure to toxins, a clean and safe environment, all the love in the world – there are some things over which we, as parents, have no control.

In March 1999 our beautiful Ben was diagnosed with an inoperable brain tumour. At first we were angry: 'But we did all the right things! All those organic foods! All those clean, green products! All the care we took to keep him from harm!' I thought, why even bother, if it's not going to make any difference? But it *did* make a difference, of course. Ben's quality of life and his general health before his illness had been excellent and his bright and shining nature meant he met love wherever he went. His stamina and strength in dealing with his illness were humbling. And we had the peace of knowing that we had done our best. Our new baby, the gorgeous Ms Ruby Grace, will be raised the same way.

Ben died peacefully at home in bed with us in November 1999. He was four and a half. ¶

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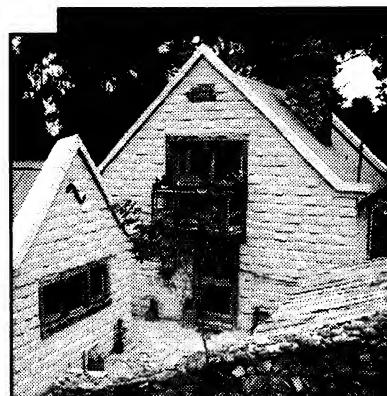
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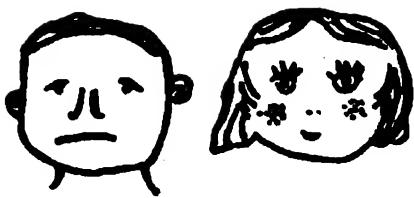
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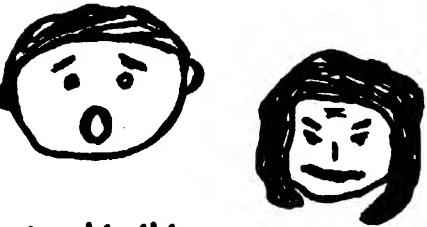
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# KIDS PAGE



## Feelings

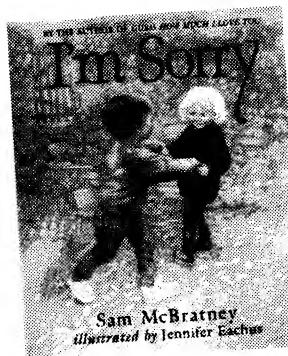
All children and adults feel a whole range of emotions or feelings all the time. We feel different in different situations. Sometimes it is hard to know what we are feeling and even harder to know what to do about the feelings. It takes practice to know the different ways we can feel such as happy, sad, angry, afraid, lonely, proud etc. It also takes practice to work out how we can show our feelings. Talking about how we feel and how other people might feel is important and it is good to remember that there are no wrong feelings and no wrong ways to show our feelings as long as we don't hurt other people.

## SONG

This is a good song about some common feelings and some things we can do when we feel them. Maybe you could make up some extra verses about other feelings.

### If You're Happy And You Know It

If you're happy and you know it  
Clap your hands  
If you're happy and you know it  
Clap your hands  
If you're happy and you know it  
Then you really ought to show it  
If you're happy and you know it  
Clap your hands  
If you're angry and you know it  
Stamp your foot  
If you're sad and you know it  
Shed a tear  
If you're proud and you know it  
Shout hooray



## BOOK REVIEW

### I'm Sorry

By Sam McBratney,

**Illustrated by Jennifer Eachus**  
This picture book describes a simple and fundamental lesson in friendship - forgiveness. Two friends experience joy and happiness and then anger and sadness. The story shows how the simple act of saying sorry can mean returning to the joy and happiness of friendship.

H/b, HarperCollins, PO Box 321, Pymble 2073.  
RRP \$24.95.

## Activities

- ★ Explore your feelings by keeping a diary.
- ★ Think of times when you have felt happy, times when you've felt sad, times when you've felt afraid, times when you've felt angry. Now imagine you are in those situations again. How does your face change for different feelings? Notice what you are thinking and feeling.

- ★ Find pictures in old magazines and newspapers that illustrate different people. Decide what the people are feeling according to their facial expressions and sort the pictures into groups.

- ★ Look at the faces around this page and guess what they are feeling.

## Word Search

Find 23 words that describe some common feelings and some of the ways we show them.  
Answers at the bottom of the page.

M	T	R	Y	O	F	E	A	R
S	A	D	A	P	S	M	O	A
M	L	D	D	G	B	B	H	L
I	K	R	A	F	E	A	I	S
L	P	A	N	G	E	R	D	O
E	R	S	C	R	A	R	E	R
L	O	V	E	U	P	A	N	R
B	U	J	U	M	P	S	V	Y
S	D	M	O	P	E	S	Y	L
H	A	P	P	Y	S	E	E	O
Y	F	R	O	W	N	D	P	T

## Ha Ha Ha

Why wasn't the little boy afraid when he found a lion in his garden?  
*It was a dandelion.*



Answers: rage, embarrassed, love, anger, mad, grumpy, jump, happy, upset, joy, mope, shy, fear, talk, sad, try, smile, dance, hide, frown, proud, envy, sorry.

# IN THE KITCHEN

The publication of several articles about olives in GR139 raised much interest, with many readers sending in their own recipes/opinions/experiences. In view of the high level of interest, and the fact that it is nearly olive picking time again, John Pike of Wangaratta shares his simply delicious recipes with us.

There are a number of points to be considered before you start to preserve olives. Firstly, when faced with a couple of buckets of fresh olives, the prospect of slashing each olive (as is recommended in some recipes) is daunting. After the first couple of hours, cramps in the hands become a problem. The process used needs to be simple, and the task of removing stems and leaves is quite sufficient for me.

The preservation process should not limit the uses you can make of your olives at a later time. If you elect to cure olives in a brine which contains flavours such as herbs or spices, these may overwhelm some subtlety of flavour when included in a dish you prepare. The brine will also contain the flavour and may not be desired for future use.

Preserving olives is not all that difficult and time consuming and we find these recipes meet our needs.

## BRINE-CURED BLACK OLIVES

ripe, uncured black olives  
brine – 100 g fine sea salt for each litre of water

Optional flavourings: sprigs of fresh thyme, sprigs of fresh rosemary, fresh bay leaves, extra virgin olive oil, whole black peppers, red wine vinegar, minced fresh garlic, grated lemon zest, grated orange zest, dried red chilli peppers.

Do not wash the olives. If there are any leaves or stems still attached to the olives, remove and discard them. In a large crock, combine salt and water and stir to dissolve the salt. Make sufficient brine to cover your olives. The olives should then be submerged in the brine and set aside in a cool spot for several months, stirring from time to time. Place a small plate or a sealed plastic bag of water on the fruit to keep it immersed in the brine. A scum will form on top of the brine, but it is harmless and should not be discarded. The scum is the sign of a healthy, active brine. When starting with a fresh brine, the olives will take three to four months of curing before they are edi-

ble. Never discard a salt brine for olives. The brine will become black and inky and can be used year after year. Do not add any seasonings other than salt and water to the brine. Add specific flavourings at serving time.

To serve, remove the olives from the brine with a slotted spoon or wooden olive scoop. Taste the olives. If they are excessively salty, they can be rinsed or soaked in cold water to remove some of the saltiness. Serve as they are, or season with any of the optional seasonings noted.

To brine-cure green olives follow the same recipe as for brine-cured black olives.

## SALT-CURED BLACK OLIVES

ripe, uncured black olives  
100 g coarse sea salt for each 1 kg of fruit

Optional flavourings: as above.

Do not wash the olives. If there are any leaves or stems still attached to the olives, remove and discard them. With a small fork, prick each olive three or four times all the way through to the centre. Some people use a wire brush and roll the olives with the brush bristles to prick them. (The pricking allows the olives to absorb the salt quickly.) Place the olives in a large shallow bowl and add the salt. Toss with your hands to coat the olives with salt. Add, according to taste, sprigs of fresh thyme or rosemary, bay leaves and/or a teaspoon of whole black peppercorns.

Leave the olives uncovered, at room temperature, tossing them once or twice a day. After 10 days sample the olives. If they are still too bitter, let them cure for several more days. By this time much of the salt should be absorbed into the olives, but there may be salt and some liquid at the bottom of the bowl. Do not discard this brine, for it will eventually be absorbed into the olives.

Once the olives are edible, pack them in jars, with any salt still attached, layering them with herbs as desired. Sprinkle with just enough olive oil to moisten. Do not add citrus

zest or garlic at this time or the olives will lose their fresh, vibrant flavour. Cover the jars and store at room temperature for up to six months.

At serving time, sample the olives. Should they be overly salty (though they shouldn't be), they can be rinsed in cold water. To serve, add to taste: freshly minced garlic, a drop or two of red wine vinegar, citrus zest, black peppercorns, or hot red chilli peppers.

With your preserved olives, you might like to try the following recipes.

## BLACK OLIVE SPREAD

3 garlic cloves, peeled and minced  
1 tsp fresh thyme leaves  
2 tsp drained capers, rinsed  
4 anchovy fillets, rinsed and coarsely chopped

2 tbsp extra virgin olive oil  
1 tbsp rum  
250 g salt-cured black olives, stoned

Combine all the ingredients except the olives in a food processor bowl and process until just blended. Add the olives and pulse a few times so the mixture is fairly coarse. The spread can be used to dress pasta or in sandwiches. It can be stored in the refrigerator for up to a month if covered with oil to exclude the air.

## GREEN OLIVE SPREAD

2 tsp drained capers, rinsed  
4 anchovy fillets, rinsed and coarsely chopped

4 tbsp extra virgin olive oil  
freshly ground black pepper to taste  
300 g drained, stoned green olives

Combine all the ingredients except the olives in a food processor bowl and process until just blended. Add the olives and pulse a few times so the mixture is just slightly chunky, but very spreadable.

The spread can be used to dress pasta or in sandwiches. It can be stored in the refrigerator for up to one week if covered with oil to exclude the air. If stored longer than a week the fresh black pepper flavour fades and the spread loses its fresh bright flavour. ¶

# Hearty Warming Soups

by Roberino, Arrawarra Beach, NSW.

Soups are the easiest form of cooking and kids and kitchen illiterates can be encouraged to concoct a broth from time to time. You can't really go wrong with a lot of water and fresh vegies in a pot and the stove on low. The occasional stir should be urged so there is nothing sticking to the pot. I sometimes add a canned soup at the end, just before serving, to give that professional touch. Fried noodles sprinkled on the top of each bowl of soup give a texture lost to the vegies through overcooking. In the same way, very finely chopped/sliced vegies can be added as a garnish and flavouring – but don't let the kids near this one as sharp knives, and other slicing devices are lethal without a butcher's chain-mail glove on the hand not wielding the cutting device.

Some advance preparation of legumes (lima beans, chick peas) by soaking for six to eight hours (or overnight) gives a soup some protein for the vegetarians. In fact, a very flavoursome humorous little soup is a 'beans and many onions soup' which gives new meaning to the expression 'cooking up a storm'.

Potato and sweet potato soup is a pretty safe basis for many other additions. A small bottle of salsa gives a bit of life to an otherwise dull broth and is a good standby to have sitting on the pantry shelf, maybe not for kids though.

If you are a piscivorous person, a tasty fish soup can be made very cheaply by asking the fish shop or coop for 'a bucketful of fish heads and skeletons please' – free of course. A long slow boil up in lots of water and thorough straining through fine (or Indian) cotton to remove all fish bones is needed. Then add lots of vegies, especially potatoes, to make a sumptuous winter feast. Served cold, it's ideal in summer. Lots of French bread (also made into garlic bread) is a magic accompaniment.

Cabbage and leek soup is another 'donner und blitzen job', so pass around the earplugs or pay the price.

Pumpkin soup is usually a winner with the addition of potatoes and cinnamon or nutmeg spices.

Some herbs are essential for lifting a plain dull stodgy soup to the heights people only dream of, but caution is necessary and a subtle hint is better than a sledgehammer approach unless you really know what you're doing and know what the particular diners are like. Kids usually can't stand much in the way of strong flavours and large amounts, unless it happens to be tomato sauce. One soup I heard of that was a winner at pub counter lunches had quite a bit of beer in it. Guinness also has been used, not to mention other spirits, but you have to know your eaters, and be sure that they don't have to drive a car afterwards.

Certain combinations work well such as chicken and sweet corn, rice and tomato, celery and potato, parsnip and potato. Sour cream or coconut cream add a few more calories when serving, but what a lovely addition.

Beetroot soup or borscht is a special, best done with young beets peeled and diced, water, salt and pepper, and boiled till tender (prod with a satay stick), serve with a small topping of sour cream and sprinkle with a few chopped chives or dill. Russian borscht is the same, only you throw in every type of additional vegie you like, but it lacks the finesse of the more simple soup. Can be served chilled in summer for a refreshing light and nutritious snack. Garlic bread again is a good accompaniment.



Beans are generally at their best without their skins, but removing them is a painstaking job. Squeezing them usually causes the bean itself to pop out, but the smaller ones can be difficult. Most skins are tough and chewy and are best removed after a long soaking. Dried beans usually take about an hour on low simmer to cook. Halfway through it pays to change the cooking water as the initial cook brings out all those gas-causing substances and indigestible elements. When cooled, this initial cooking water makes brilliant nutritious liquid for your plants. With bean soups it's best to cook the beans first then add other ingredients with the water change.

Parmesan cheese, shredded or grated, is another tasty topping. Various bean sprouts give an Asian look to your soup bowl. Likewise, finely sliced (julienne) vegies such as carrots, parsnips, even apple, can give that spruce up for a more appetising presentation. *Bon appetit!*

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## MAMMY JOE PUBLICATIONS

Jo Hilder is a Christian mother, wife and homemaker. She publishes booklets, a mail-order catalogue and regular newsletters about a range of things: handcrafts and homecrafts; home-based business hints; and home organisation, to name a few. Contact Mammy, PO Box 668, Gympie Qld 4570 for more details.

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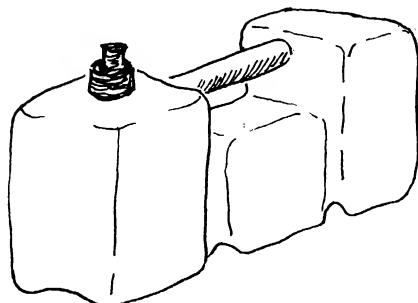
# A Cheap Jerry Can

by David Richardson, Narre Warren, Vic.

The property I own has two dams, but no tank, hence potable water has to be produced by boiling whatever quantity is required, or adding purification tablets. The former is time consuming, the latter expensive. Many parks have water taps that can be accessed for free. Water jerry cans can be purchased from disposals, outdoors/camping outlets and hardware stores, all for between \$20 and \$30, and capacity is usually 20 litres. From my days at high school and studying hydraulics in a mechanical engineering course, 4.54 lt of water weighs 4.54 kg. Thus 20 litres weighs 20 kg. Assuming one has two 20 litre jerry cans (one in each hand), this amounts to 40 kg. The weight, incidentally, of a bag of cement or an average size wombat, and just as awkward to carry any distance.

Now, if one takes a wander around any large supermarket there are several brands of packaged water on the shelves in a variety of packaging styles, including the conventional bottle shape, cask (collapsible bladder), and the slab-sided jerry can shape (usually 10 litre capacity). There are also bottles with liquid-tight push-pull caps (found on sports drinks, cordial and fruit juice containers). Once the contents have been expended the container is usually discarded. That's today's consumer society for you.

The collapsible bladder and the slab-sided water containers both have



the same self-closing tap (borrowed from the wine cask). In the case of the former container, air pressure collapses the bladder as it is emptied and is airtight, whereas the slab-sided container has to be vented. This usually means punching a hole in the top, making reuse difficult, but not impossible. The 10 litre (10 kg) size also makes it easier to carry. To reuse what would otherwise be something thrown away once empty, plug the vent hole with epoxy glue. An alternative to this is to punch a small hole at the point where the hole for the push-pull cap is going to go. As this will be below the waterline of a full container, some water will have to be used first. This hole will also act as a guide for the drill in the holesaw. The next step is to take a drink bottle with the push-pull cap and cut the neck off. Make a hole on the top flat of the slab-sided container just to the rear of the carry handle. A 25 mm holesaw is

best. Wash the inside thoroughly to remove any plastic shavings that may result from cutting the hole. Insert the drink bottle neck and glue in place using epoxy glue.

Once the glue has set, screw on the push-pull cap. Remember that some force is required to pull these caps to the open position, so grip the screw cap before pulling the valve open or pushing it closed, thereby taking pressure off the glued-in neck portion of the cap. The slab-sided container can also be refilled through the glued-in neck by unscrewing and removing the cap. Remember, after assembly, partially fill with water and check for leaks. There you have it: a relatively inexpensive reusable water container. ¶

## WORLD WHOLE FOODS WEBSITE

Wholesaler World Whole Foods supplies a range of organically grown food products, organic beer and wine, together with fine foods, health and beauty products and items of an ethical nature, such as organic wool. It has now started up a website to help business-to-business distribution. World Whole Foods wants to communicate with all those in the Australian organic industry and aims to take the organic movement in Australia to new heights. The new site is [www.worldwholefoods.com](http://www.worldwholefoods.com) ¶

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# DEMYSTIFYING SWALES

## PART 2

by Dorothy Creevey, Old Bonalbo, NSW.



In the last issue I described the concept and purpose of swales; how, why and where you would incorporate them in a garden or farm; and some variations on the basic mulch-filled trench design. This time I'll look at the fun part of planting the swale.

### PLANTING THE SWALE

You must plant trees on or near the swale, especially in arid areas (to reduce salt build-up). They can be any type of tree. For example, in your orchard the permanent trees would be fruit trees, but in the paddock they may be fodder, timber or windbreak trees. In a wet area they may be chosen for water absorption, or for holding soil in an erosion area.

### Quick Growing Mulch Crop

Mulching is also vital to stop the col-

lapse of the freshly turned soil and to allow the new plants a low maintenance start. Any organic material will do to mulch with; cardboard, paper, shredded newspaper, straw and leaf mould being the most common.

For ongoing mulching you could plant a quick-growing, living mulch, which is even better if it is a legume\* (don't forget legumes need inoculating). Some suggestions are: bird seed mix, buckwheat, clover\*, companion plants for the main crop, lablab\*, pigeon pea\*, peas\*, parrot seed, pumpkin, sunflowers, maize, sorghum, sweet corn, beans\*, millet. All of these, can be cut as mulch at the end of the season or at flowering.

Other plantings for top and sides are: arrowroot, banana sucker, cassava, ginger, sweet potato, turmeric, yacon.

For not quite in the base of the swale some suggestions are: asparagus (a little higher up), comfrey, taro, other plants that don't mind wet feet. If the swale holds water for an extended time, some plants may not survive if planted in the base.

### Pioneer or Nurse Shrubs on and Between Swales

Next plant quick-growing, short-lived shrubs to create a suitable microclimate for the future permanent tree seedlings, and, in the case of legumes\*, ongoing mulch and nitrogen. These include acacia\* (not *Acacia melanoxylon*), pigeon pea\*, tree lucerne\*, ice cream bean\*, other fast-growing legumes or shrubs.

### Permanent Trees/Shrubs

When planting below the swale choose trees and shrubs that don't mind occasional waterlogging, blueberry, hazel-

nuts, casuarina, moisture-loving trees and shrubs.

On top of the mound plant trees that like it a little drier, such as avocado, citrus, chestnut, custard apple, fig, nashi, olive, and most others.

For the first season of the 14-metre swale shown in the photographs I have planted food crops of corn, beans, pumpkin, sweet potato, potato, yacon, with companions of cosmos, marigold and dill, and soil improvers of buckwheat and various clovers. Underneath all of this are seedlings of legume shrubs and bushtucker trees/shrubs, as well as palms, ferns etc for my future plan of a rainforest gully.

#### Interswale Areas

This area can be used for many purposes. As the trees grow the microclimate should improve and create better growing conditions for any number of plants.

#### Other Uses for Swales

Either permanent or mobile animal housing for poultry, pigs or rabbits can be built to overhang swales to fertilise swale plantings.

I am currently planting two swales to emulate a rainforest gully using bushtucker plants and trees where possible. One has a tyre frog pond in the base for water plants. Fodder and grazing crops can be planted in rows and reserved for drought times to cut for feed. Swales, whether structural or living, give your garden an attractive terracing effect as they snake along the contour lines. Use your imagination and let me know of any interesting uses you come up with. Happy swaling. ☺

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★ ★ Ramakrishna

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Above: First layer of mulch in swale and bund being formed into a bed ready for planting.



Above: Mulch is continually added till the swale is full. Bund has recently been planted and mulched.

Below: Developed crops utilising swales.



# Managing Pasture Feed On A Small Farm

by Karen Nicoll, Hamilton, NZ.

One of the inevitable problems that seems to occur on a small farm is managing the feed levels. Sometimes there is too much feed, but other times there may be a critical shortage.

Usually with a smaller size property there is much less flexibility with feed levels, which can exacerbate the extremes of 'feast or famine' that can occur. Yet the health and welfare of the animals we graze on our properties are dependent on the quantity and quality of the feed we provide for them. This means that we need to learn some of the skills of feed management so that we can look after our animals properly.

Pasture growth rates are influenced by many factors: rainfall, hours of sunlight, ground temperatures, soil fertility, height and composition of pasture sward, and grazing management. Overgrazing and reduced soil fertility have a very negative effect on pasture growth and are factors that we can often quickly influence to try and prevent a feed shortage occurring.

## FEED MANAGEMENT STRATEGIES

### Adjust The Stocking Rate

Pasture growth and quality varies throughout the year and can also vary

from year to year. Generally there is a surplus of grass in the spring and early summer and a reasonable autumn flush, but summer pasture growth is often poor due to lack of rainfall, and winter growth is often zero due to low temperatures. Coping with the seasonal fluctuation means increasing stock numbers in spring (lambing/calving), then later reducing stock numbers to the minimum breeding stock carried over during winter. Using supplements helps overcome the feed level fluctuations, but does involve some cost whether the feed is bought in or is made on the property.

Review stock numbers before an expected reduction in pasture growth so that decisions on whether to cull or sell stock are made well before the feed starts running out. Get stock pregnancy tested in summer/autumn (by a vet or using ultrasound) so that nonproductive stock can be culled.

### Prioritise Stock Requirements

Young stock need good quality feed to achieve good growth rates so they are usually given priority. Separate stock according to their needs. During winter separate early calvers from late calvers or ewes with twins from ewes with a

single lamb (detectable on ultrasound). After lambing it can also be advisable to divide ewes according to how many lambs they are rearing so that those with multiple offspring get priority.

Creep feed is often used to supplement young pigs, but a creep system can also be used with other livestock. With creep feed a high quality supplementary feed is available, but can only be accessed by the young stock. The creep feed helps promote good growth rates and can also assist with early weaning. A good example of what often occurs naturally is when lambs sneak through fences to get extra grass.

An animal's feed requirements vary depending on whether it is in a growing phase, pregnancy, lactation, in work (dogs, horses), or geriatric. During growth an animal needs good quality feed to achieve optimum growth rates – poor growth rates can result in lower body weights, but can also delay puberty and reduce reproductive performance. During pregnancy there is an increased demand as the foetuses grow in size. During lactation, food intake may be up to three times normal maintenance level, particularly when lactation peaks at six –



Feed intake varies depending on season, age of stock and production needs. Ewes in lamb, like these have high nutritional requirements.

eight weeks after parturition. Animals in work have a higher energy demand, needing a higher calorie intake to maintain work performance. Geriatric animals often need special care to help maintain their weight – they may need longer pasture if their teeth are worn, and may need supplements that are more easily digested.

Different stock may require different grazing management regimes. An example in winter may be: a small group of sheep on rotational grazing without supplementation, a small group of cattle on rotational grazing with strip fencing plus supplements, and a horse on zero grazing but fed totally on supplements.

#### **Adjust Weaning Time**

If feed is ample, weaning may be left to occur naturally. Most beef calves are weaned at six months of age or later as this allows maximum growth rates for the calves. If feed is in short supply, however, the weaning date may be brought forward where appropriate so that once weaned the young stock get priority feeding while the mothers have their feed levels reduced. Also, once animals are weaned and have reached a good



If supplementary rations are required, give thought to how much feed is lost through spoilage. A sturdy unit like this minimises waste.

weight, they can be sold off to help reduce stock numbers.

#### **Supplementary Feeding**

There are a range of supplementary feed options available – hay, haylage, silage, grain, pellets, meal, fodder crops, fodder trees, etc. Supplements vary in their quality, digestibility and palatability. In some cases, such as hay,

they can also vary depending on how they have been stored. When using supplements use a feeding method that helps keep wastage to a minimum, as wasted feed is wasted money.

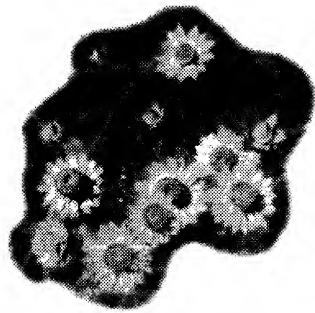
Relying on supplements to compensate for overstocking can be expensive and risky, and may seriously compromise the health of the animals if not carried out correctly.

#### **Don't Overfeed**

Don't overfeed stock, particularly breeding stock. Excess weight can result in problems at parturition. Overweight cows have a higher incidence of dystocia (calving problems) and a higher risk of ketosis during lactation. Overweight ewes have a higher incidence of dystocia (lambing problems) and bearings (prolapsed uterus). Learning how to condition-score stock can be a useful tool to help monitor animals' progress when feed management is important.

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# INTRODUCTION TO PIGS

## Housing

by Phillip Richards, Yandina, Qld.

Last time I wrote about our pig keeping activities in general, why we choose to do this and the economics of the project. In this article I'll describe our pig housing system. Pigs used to be kept extensively in the backyards of English terrace houses following the great exodus of farm labourers to the industrialised cities, but were finally banned (about the middle of last century) because of disease. Pigs kept in the back of inner city terraces may cause a few problems with neighbours, but on a small holding this should not arise.

### THE RUN

We have made two runs side by side, each about 30 by 15 metres. In the middle is a shelter with a covered area full of straw and a small outside run ( $1\frac{1}{2} \times 2\frac{1}{2}$  m). The piglets are kept in here until they get used to us, learn about the delights of the feed bucket, and forget about wanting to run back home to mum. After about two weeks we let them run in the larger yard and they use the shelter at night.

The actual pig house is made simply of bushpoles. At first we had bales of mulch hay as walls, with the corrugated iron roof held up by the bushpole frame. The pigs kept eating their house! This problem could, however, be avoided by wrapping chicken wire around the bales. This did not really matter because by then it was time for them to move on, up, and out. The houses are now made of corrugated iron, simply because someone gave us some.

The yard begins with grass and weeds or the leftover of some crop, but by the time the pigs move off nothing is left and the place is like a demolition site. If you have ever seen those big craters that are dug out to take the foundations for city skyscrapers, you know what it looks like. The theory is, as you will find in the best books, that the pigs dig up the ground and dung it and then all you need to do is to chuck

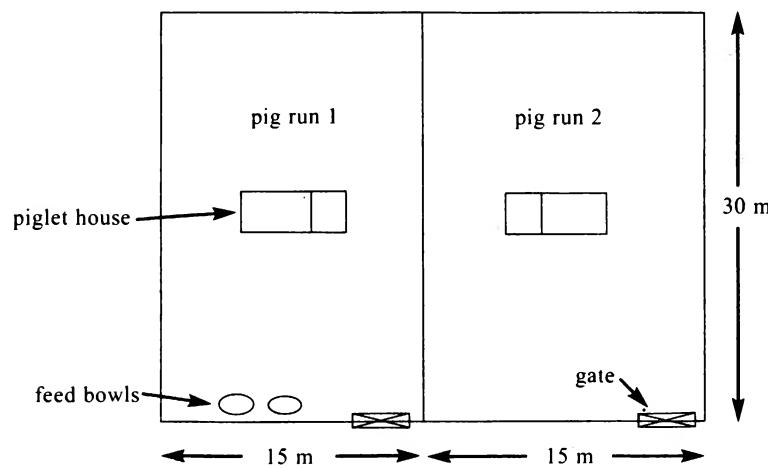
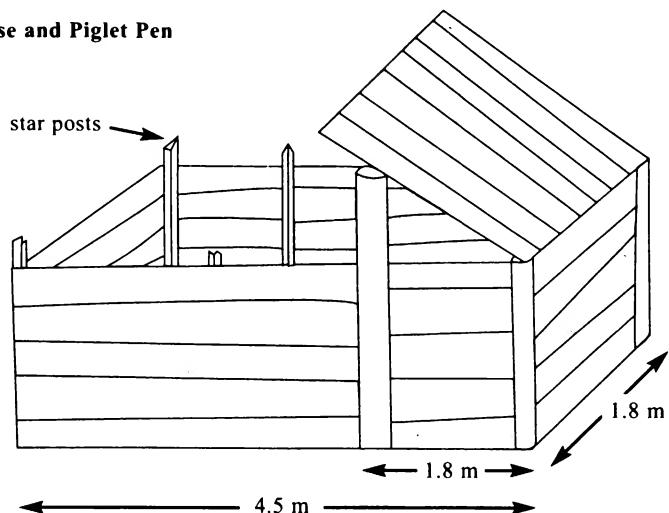
out a bit of seed and, hey presto. In actuality the soil goes hard and it is a scene of desolation. However, with some perseverance, the system is now starting to work.

Today, Pig Run 2 has two little pigs who are out enjoying the size, freedom and grass for the first time. In Pig Run 1 there is a crop of caloona pea, lablab, and some maize coming up and, with luck, we will get a bit of grain to feed to the animals.

### FENCING

There are many opinions about this, so be aware that this is my opinion and works for me. One opinion is that you should use electric fencing. We have tried this with moderate success. The bloke who told me to rely on electric fencing has given up on pigs – they would snap the wires. Another man told me that electric fencing is good for bigger pigs, but the babies will go straight through it to get back to mum. We

Pig House and Piglet Pen



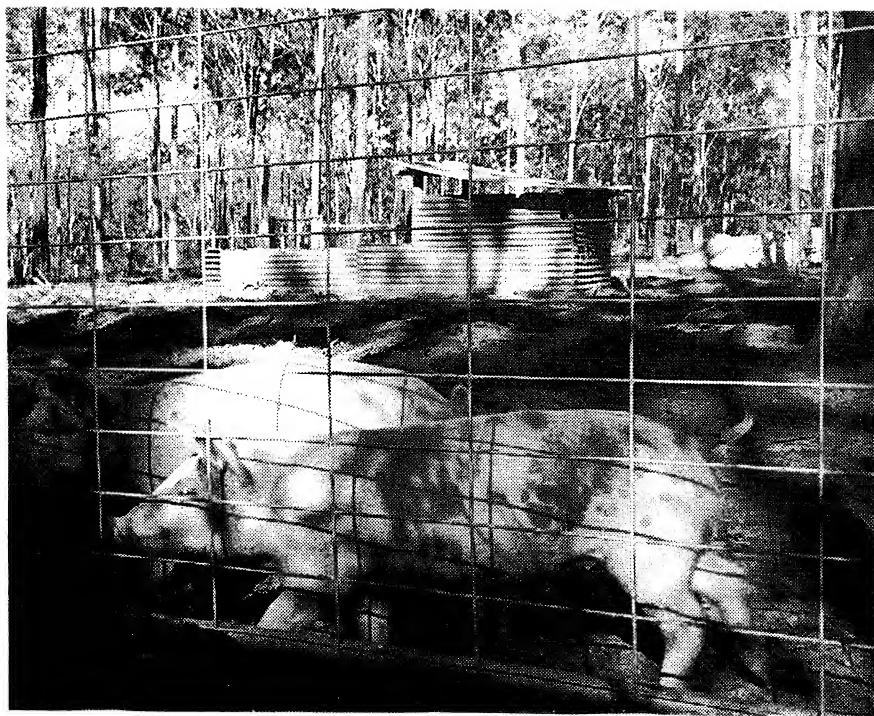
found the pigs would bury the fence – at least the live wire nearest the ground – which rather negates the effect of the fence. I must say though that when it's working well the pigs really get a shock and treat the fence with respect. You know when it works; they squeal and call you over and complain.

We use pig' mesh (what a surprise). I figure that if it is made and sold as such someone must have figured out just what is needed. We have good solid corner and gate posts and use 'H' assemblies. If you use a sloping stay, pigs are likely (make that guaranteed) to rub against it and to dig it out. With any luck, they'll take it out neatly and bring it over to you and then laugh. We use star posts every five metres and run a barbed wire at ground level. To this we tie the bottom wire of the pig mesh. Forget about putting it 15 centimetres above the ground; give a snout that much and it is away.

What I call pig mesh is known as 8/80/15 hinged joint. That is: there are 8 horizontal wires, it is 80 centimetres high and the vertical wires (pickets) are 15 centimetres apart. We put a plain wire along the top of the mesh to tie it on, for extra strength, and a barbed wire about 15 centimetres above that.

I have found that the top barb is not really necessary. The pig is going to go under or through rather than over. (*Not* having a barb could be an advantage if you wanted to jump out quickly!) Once a pig has settled in and is enjoying his tucker, he does not seem to want to go far. We let ours out now and then and they always go back – silly sausages. Any weak points have logs along them. The gate is a solid 180 centimetre metal one – they chew up wooden ones if you are late for breakfast.

Next time: feeding the pigs. ☺



Pig mesh with solid corner and gate posts keep these adventurous porcines well contained.

## MOTH REPELLENT

Rather than use commercial smelly mothballs, here is a lovely recipe for a pleasant-smelling moth repellent that will not leave your clothes reeking of camphor. These bags would make great presents presented in pretty, white lace hankies.

What you will need:

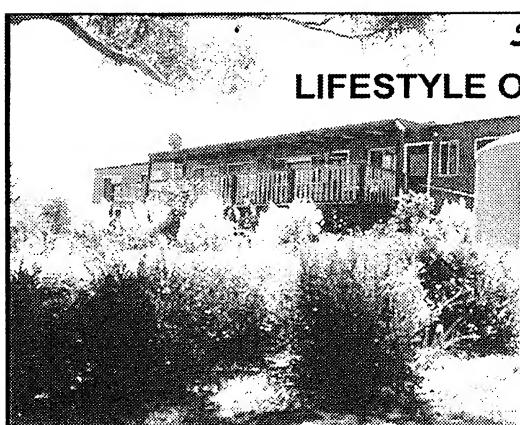
- 100 g fresh rosemary, lavender and wormwood
- 25 g orris root powder
- 2 cinnamon sticks
- 10 ml cloves
- 1 drop rosemary essential oil

2 drops lavender essential oil  
handkerchiefs and length of ribbon  
scissors

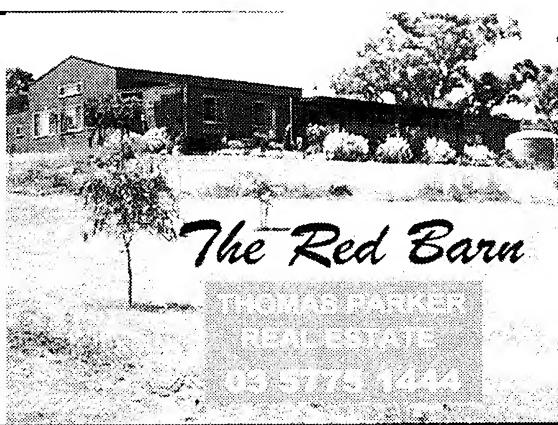
Discard tough stalks and snip up the herbs in a bowl. Crush the cinnamon sticks. Add remaining ingredients, including essential oils. Place 1 tbsp of the mixture onto the centre of a handkerchief and draw the four corners together to make a parcel, which can be secured with ribbon. Repeat until all the mixture is used up. Revive with more lavender and rosemary oils every six months or so. ☺

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# FROM SCRAP TO POWER

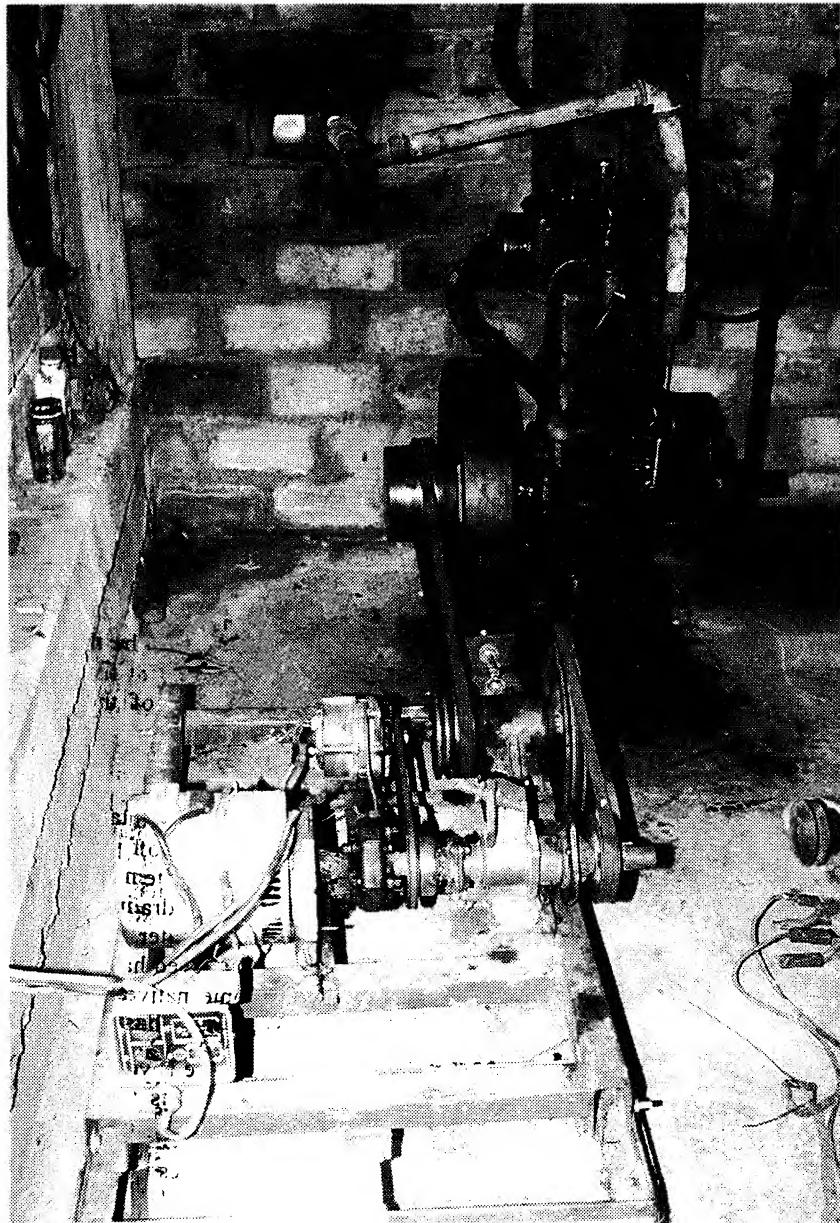
by Ian Black, Heathcote, Vic.

Ian Black is quite fond and proud of 'Mr Tippet'. Not everyone names their farm machinery, but then again, not everyone uses a reliable old diesel engine to power a 'mongrel hybrid' generator set-up, consisting of an amazing assortment of odds and ends.

In a previous article published in *Grass Roots* (Oct/Nov '98) I told of how I had built a wind generator using old car parts and an aeroplane propeller. I also mentioned that I had my eye on an old Ronaldson Tippet single cylinder diesel engine that I'd spied in a local farmer's shed. After a bit of bartering and some 'hard earned' changing hands, I became its proud owner. This is the story of the lovable, reliable engine that has become fondly known as Mr Tippet.

As I sit writing, Mr Tippet is thumping away at his lazy 600 rpm (revolutions per minute) charging up the battery bank and pumping water up the hill to the gravity-feed tank. It's been fairly windless and sunless of late, meaning that the panels and the wind generator have gone into useless mode. On these occasions we run the diesel for about six hours every week to keep things topped up. The generator set-up is as much a mongrel hybrid as its sibling wind generator and it could take some explaining, but here goes.

The first thing I did once getting the engine home was, naturally, to pull it to bits. It hadn't been running for some



'Mr Tippet', Ian Black's Ronaldson Tippet diesel engine, runs an amazing hybrid generator set-up.

Note: Safety guards have been removed for photograph.

time and compression was nonexistent. Surprisingly, it was in fairly good nick, needing only a set of piston rings, a valve grind and the diesel injector repaired. They built things to last in those days. It fired on the second rotation of the crank handle and instantly I was hooked. Now came the interesting part, the generator set.

I planned to use the generator unit off our previous power plant whose tired and determined engine had finally said enough was enough and ended it all in spectacular fashion. I also

needed to run a 12 volt car alternator to charge the battery bank. My main problem was that I needed to get up enough revolutions for these items to operate. Mr Tippet's 600 rpm was nowhere near the minimum 2500 rpm I needed to be in the ball game. So off I went to the trusty scrap heap in search of treasures in the form of pulleys, shafts, bearings, and anything else that might come in handy. After much scrounging and head scratching I arrived home with a trailer full of interesting bits and pieces, armed myself with a welder and

an angle grinder and attacked.

First I made up a rectangle frame from square tubing to support the generator, alternator and pulleys. This was to be cemented into the floor of the shed. Next I attached a double pulley and bearing assembly that I had found on an old grain harvester, the smaller 140 mm pulley being driven by Mr Tippet's 220 mm pulley via a C-section belt. The 350 mm larger pulley would then drive down to a 120 mm pulley pilfered from an old tractor. This was then mounted on to a Holden tailshaft yoke, that was welded to the shaft of a Datsun rear wheel bearing assembly, connected to a Hillman Imp rubber drive coupling, fastened to a turned-down stationary engine crankshaft, supported by its mating backing plate, which was bolted to the 240 volt generator . . . phew! But that's not all. Attached between the rubber coupling and the rear wheel bearing assembly is a 120 mm Holden water pump pulley that drives down to a 60 mm pulley on the 80 amp alternator. This effectively gives the generator an operating speed of around 2750 rpm and the alternator a speed roughly double that, while the engine

is running at a leisurely 600 rpm.  
Simple really.

My main concern, among many, was that I wasn't sure that Mr Tippet had the guts, grit and determination to drive this great mess that I had created. There was only one way to find out. I bravely summoned my worried looking wife and two amused looking kids so that they might witness this great moment, and armed myself with the crank handle. I huffed and I puffed until finally Mr Tippet begrudgingly began to turn all those belts and pulleys under his own steam. Once the engine had struggled its way to 600 rpm, it settled down quite nicely, seeming to enjoy its newly found lease on life.

I plugged an electric drill into the generator. It worked. I adjusted the rheostat that was wired into the alternator and watched as the amp gauge indicated that anything up to around 70 amps could be fed into the battery bank (anything over this caused Mr Tippet to complain a bit). Oh fits of joy and rapture abounded and I turned to share the glory of the event with my family, only to discover that they had retreated to what they considered to be a safe distance in the event that the

monster disintegrate and spread itself hither and thither over vast acreage.

Anyway, the machine performed brilliantly and still does a year later. One addition I must make, however, is to install an electric start because I have decided that I despise crank handles with a vengeance.

Anyone requiring more information about this system can contact: Ian Black, PO Box 296, Heathcote 3523. 

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# L.P. GAS

## *Refrigerators*

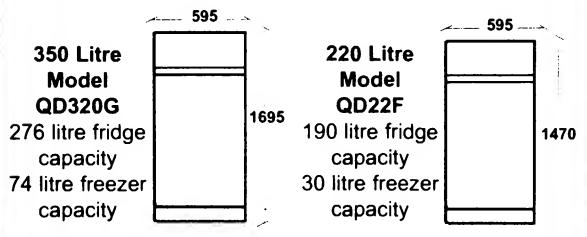
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# A Career In Craft

by Jim Timings, Christchurch, NZ.

For a number of years I made a living from my bone-carving craft. I was able to travel quite a bit and participate in craft markets and fairs in the US, England and Australia. As part of these trips I spent a great deal of time looking at craft activities in the various countries as well as up and down New Zealand. I opened a full-time studio in the Arts Centre of Christchurch when I 'retired' in 1984, and when I was forced to give up through the loss of sight in one eye in 1997 it had grown into an activity involving several carvers and was open seven days a week. It is still there.

Several things I learned over those years. The first was that a reasonable sort of living can be made out of craft work if you concentrate on doing one thing well and selling most of what you make yourself. That it then becomes a business downgrades your lifestyle a lot, but it still allows for a great deal of personal independence that makes some of the sacrifices worthwhile.

Though you don't have a boss, the public are very demanding. When they feel like buying they think you should be there. If you want to sell, you have to be there.

About the last thing I did before more or less giving up was to write a book. This was an ambition I had long held, but the book really came out of the accumulation of knowledge of tradition, techniques and marketing, and practically wrote itself.

Through it all one thing became

really paramount. You had to be serious about the selling part and take every available opportunity to get into the market personally and with your work at hand. In the end this demand outgrew a lot of the early enjoyment I had gained and by the time I had passed the 70 mark (age, not speed!) I was more than ready to call it quits. My only regret is that I had not realised the potential a lot sooner and become more adventurous earlier and not waited until the comparative security of retirement on the New Zealand National Super. It is a matter of record that the surcharge made against my extra income over most of those years took back a surprising amount of the income I got from the Super.

In addition to this I needed advice and help from an accountant who was able to keep my revenue below the threshold for our Goods and Service Tax. This did restrict my income in a sense, but if I'd had the added responsibility of collecting and accounting for the tax, I might have given up entirely.

Income also had to be balanced in another somewhat complementary way. This was partly done by the formation of the studio into a cooperative, but there had to be a balance between price and the need to maintain a realistic stock, which in the later years was around 2000 carvings. If our prices had been too low, we would have sold more but not made any more money from our sales. More important than that, it was



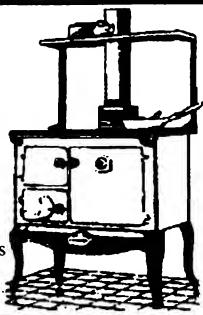
a feature of the studio that we could offer a selection which was unmatched anywhere else in New Zealand and we became quite noted for that until it was a significant part of our reputation and brought in the customers.

Carrying such a large stock did mean that we could take time off from the carving to build up knowledge and refresh ourselves. The latter was as much of our lifestyle as we were able to retain, but it was always good to know that we need never work under pressure and could take time off to relax without it greatly affecting our income.

When we were working, which was most of the time, we really worked to produce the number of carvings that we did. I was in the Arts Centre Market for about five years before I retired and I'd already had quite a stock of saleable carvings when I first opened the studio. However, I began to sell a lot more carvings and this took,

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at times, some considerable effort. I estimate that over the years I produced around 15,000 carvings. Without this sort of effort the studio would never have survived. On a personal level I had considerable assistance, largely unpaid, from my family.

Pricing was always a problem. It had to pay for the sometimes-expensive tools we used, and for such things as a quite high rental and some advertising and other expenses – such as having somewhere to park the car. A very conservative estimate of the cost of the various display cabinets, carpet, heating and extra light would be about \$5000, met entirely out of the proceeds from the studio. I accumulated, on my own, \$10,000 worth of tools and machinery and each of us had our own workshop off the site.

Nothing was easy, but in retrospect I can say that all in all it was a lot of fun and games. I miss it. Although I have subsequently launched myself off on something of a career as a broadcaster and writer which brings me a certain amount of attention and a little cash, if I still had adequate sight in both eyes I would still be carving bone and working in the craft market. ¶

#### MAINTAINING WOOD OR CANE KNITTING NEEDLES

If you are fortunate to still have wood or cane knitting needles around and they have become rough and chipped over the years, take heart as there is a simple way to resuscitate them. Smooth them with an emery board, working in one direction towards the tip while rotating the needle. When the tip has been smoothed off, apply a light coating of nail enamel. ¶

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# Happiness Is Where You Find It

by B Haley, Gulgong, NSW.

It felt very cold as I walked through my garden once more to cover a favourite shrub from the frost which would surely fall during the night, in the same manner as it had done each night during the previous two weeks. The weather forecasts had quite monotonously listed the expected readings for this part of NSW as -4 or 5° C each evening, and as I shivered I thought that this night the readings could be lower still.

Except for these very brief garden excursions I had been housebound for some time while I battled a severe dose of flu and I was feeling rather despondent as, for the elderly, winter is often a time of loneliness. But as I approached the shrub I saw an old magpie friend on the ground nearby, tussling with a 60-centimetre-long twig. She appeared to be trying to break it into a more acceptable length. Acceptable for nest building I supposed, though this day in mid-July seemed early for such a project.

Maggie and I had been friends since last December when trouble had befallen her young one. It had fallen from the nest in a tall tree that grew beside the road in front of my house and had hurt its leg in the fall. Being too young to fly it then flopped about on the ground while the two parent birds kept an anxious vigil beside it but were unable to assist it.

Reluctantly, as darkness fell I had gathered it up when it proceeded to flop onto the road and was in danger from passing cars, inquisitive dogs, and ever-alert cats. Its night home became a warm rag-lined box in my laundry and by day I minded it on the lawn, keeping it safe from predators. Its parents would fly down and feed it from time to time, but their offerings were meagre so I endeavoured to supplement its diet with hand-fed mince; a slow and difficult process which was watched by mum magpie, with great attention from her



perch on a nearby gate.

Young magpie had lasted with this care for several weeks and his injury appeared to heal, but he remained hard to feed. Sadly, one night tragedy struck and I found him dead in his box. How sad! I could not tell mother bird why her baby did not reappear on the lawn. I had thought how she must dislike me. But no, she and her mate remained in their territory and would still accept an odd handout from time to time. Now she was saying to me as clearly as a writer once said: 'If winter comes, spring cannot be far behind.'

Next morning, as I walked through the crackling frost to uncover the shrub, I saw Maggie again, intent on twig gathering. But not any twig mind you. She looked at many, but selection of just the right one must have been an art learned during many seasons of nest building. So, rejecting one and another, she walked on until she was beneath an old 15-metre-high pepper tree. There she paused, and turning her head sideways gazed up into it. I can only suppose she was seeking for any low hanging dry twigs, but she had exactly the same stance as I have seen in timber getters when they stop beneath a tree to sum up its potential as a timber source!

I laughed aloud at the 15-centimetre-high bird looking up into that tall tree and my spirits rose as I realised that I was laughing. Truly, happiness is where you find it. ¶

# EARTHLY PASSIONS

## Hard-Learned Hints

by Neville Jackson, Valhalla.

Much has been written about mud-bricks, mainly concentrated upon house and wall constructions. This article gives some basic information and hard-learned hints to get you mudbricking and will be followed up next time by a variety of creative projects to improve your home and garden. Mudbricking indoors on a concrete floor or patio area will result in a delightful mess for all involved, but is easily cleaned up if drop sheets are used.

### TOOLS REQUIRED

Regular garden tools plus cement trowel, bolster, bannister brush, tomahawk, stringline, spirit level, gumboots, and some onion sacks or shadecloth to act as a separation barrier between the blocks and Mother Earth. My single mould is sheet metal bent to shape and welded. A tub large enough to hold the mould is handy for cleanups.

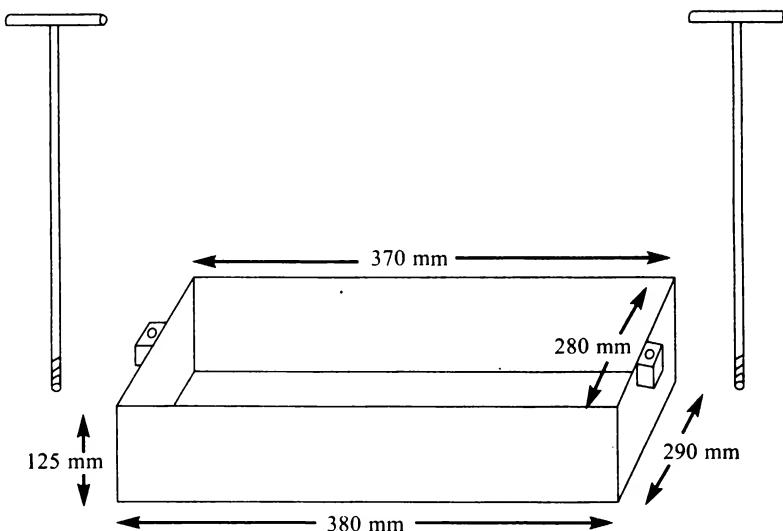
The mould has removable handles that are adjustable for height, essential for backache avoidance. The width of the mould is my gum-booted foot, quicker and easier than manual hand compression (see fig 1). Moulds can be any size desired, but keep in mind the weight of the block. The Chinese had a good idea, they make each brick only to the weight easily carried by the smallest/weakest member of the group.

### SOIL TYPES

Almost any subsoil free of organic matter is suitable for blocks and mortar, especially if the subsoil dries hard without excessive cracks. An easy suitability test is to place your subsoil sample in a wide-mouthed jar, marked 100 mm from the base (see fig 2). Cover with twice the height of water and shake thoroughly (the jar, not yourself). Allow to settle until water at top is clear.

Measure heights of respective layers. These levels are read as percentages, for example, clay 30 mm = 30%, sands (combined) 55 mm = 55%, silt 15 mm = 15%. Use the grid lines on the

**Figure 1**  
(not to scale)



triangle to find the intersect point and result (see fig 3). This example is a sandy clay loam.

Further soil suitability tests are in references in the bibliography marked with an \* (next issue).

### MUDBRICK MOULD

This steel mould is made from 5 mm plate and is slightly tapered to ease removal of the mudbrick. The removable handles, which screw into the welded-on nuts on the mould, are adjustable – about waist height is usual. All dimensions are approximate only, a suggested inside width is the length of gum-booted feet.

### GENERAL HINTS

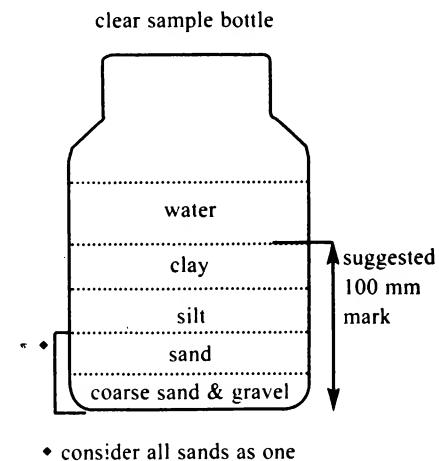
Any construction must be safe and comply with council regulations, but structures under two metres are usually exempt. The projects to be outlined next issue are safe and enjoyable to construct, with plenty of scope for individual needs and artistic flair. Always err on the side of caution and make any structure thick and solid. Returns and buttresses provide strength and support, plus usefulness and charm.

Establish a supply of soil and water close by for the drying, storage and eventual use of the blocks. With mud-bricks all unnecessary labour and double handling must be avoided.

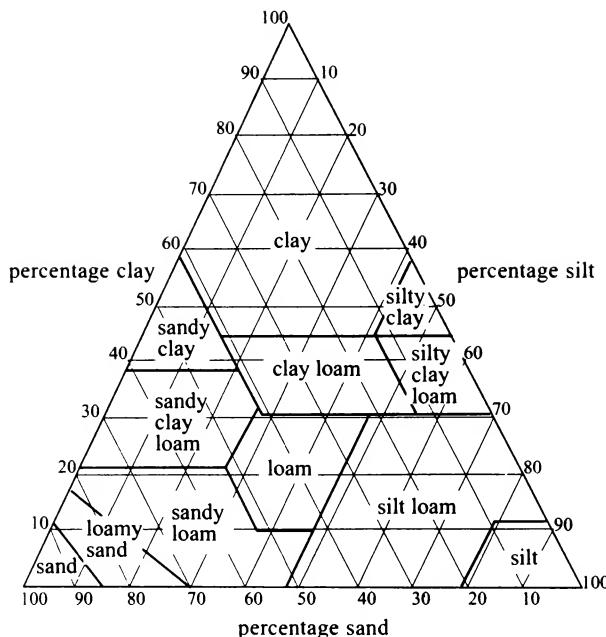
A concrete mixer fitted with larger paddles is quite serviceable, but I usually use a 6 x 4 trailer, the load wetted with a hose the day before and mixed with a garden hoe.

Some keen types use a small back-

**Figure 2**



**Figure 3**



hoe to obtain soil, mix and deliver to multiple moulds or a block-making machine. However, this is more suitable for house construction than for project works.

Place the wetted, clean mould on onion sack (see photo). Load in wetted soil and tread down evenly with gum-booted feet. Scrape off excess, remove mould with a gentle 'lift and jiggle' motion.

Wash and brush clean between blocks and reposition. Continue until your stockpile is complete or the block-maker exhausted.

Bricks may be cut at green (not cured) stage to different sizes or shapes with a stiff-bladed knife. A bolster or a tomahawk with hammer cuts blocks when dry.

Steel strapping is commonly used to fasten loads on pallets and then discarded. This strapping is shaped around blocks and extended up to be nailed securely to roof members. At least two courses of block should be included for an adequate 'tie-down'.

When special shapes or sizes are required it is best to make a soil batch without straw. I don't usually add straw to the mix as my subsoil is excellent as-is for mudbrick work.

Stored blocks must be protected from ground damp, rain, small children and pets.

#### LAYING

Most of these projects are suitable for

concrete-floored areas and therefore do not require footings or foundations. Determine the site and dimensions of the project and the features and functions it is to perform.

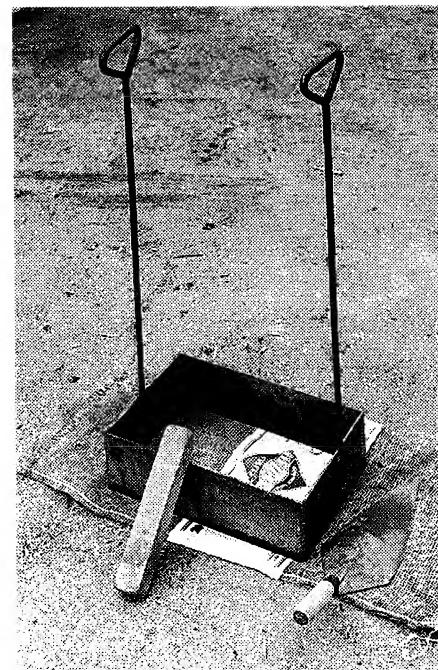
For instance, a feature wall can act as a heatbank. A nook left high up and fitted with a door can be a medicine cabinet. Multi-use features save space, time and labour. Some years ago I made a heatbank wall behind a water bed. This doubled as the back of a walk-in wardrobe. Nooks left in wall units are excellent places to dry and store herbs or seeds and place bread dough to rise.

A length of garden hose will outline a single or double curved line for a wall area. This is not only a more stable structure, but pleasing to the eye. Manufactured building materials generally do not forgive errors in dimensions, levels or appearances, but natural materials such as wood, stone, and especially mudbrick, are user-friendly in the extreme. Straight lines in natural materials are best avoided. I have no problem with that!

#### ALTERATIONS

If later it is found that a mudbrick construction needs to be added to or changed, it is a simple matter to wet down the worked areas and cut away or add as desired.

A reading light over the bed was requested. Since the bedhead wall was mudbrick it was a small job to cover



Completed mudbrick mould, see drawing page 63.

the bed area with a drop sheet, scribe a groove in the wall with an old screwdriver and place wiring in the groove. Recycled mudbrick dust-covered and hid the new work, with the advantage that the wiring is still easily accessible without any fire danger.

The English bond is usually used in mudbrick work, with a return on walls for added stability. Strength against side pressure or impact is improved if barbed wire is laid along the wall every few courses. Be careful of the barbs!

#### FINISHING

Some structures need little rendering, however, a stucco finish requires only a mud plaster of porridge consistency and 'the wife's' favourite bannister brush for application. One sneaky method to avoid icy comment is to get one's partner to become involved in the finishing render. Use random swirls or brush strokes, or just muddy fingers to express yourself. This is the bit the whole family can participate in, especially the young ones, although I've found it's better for them to play in their own creations.

For outdoor works, a coping of flagstone or tiles aids in weather protection. Also tiles around access openings prevent 'dusting' with shoulders, and along a floorline protect from the mechanical damage of brooms or toy trains. ♀

# RECYCLING RUNS RIOT

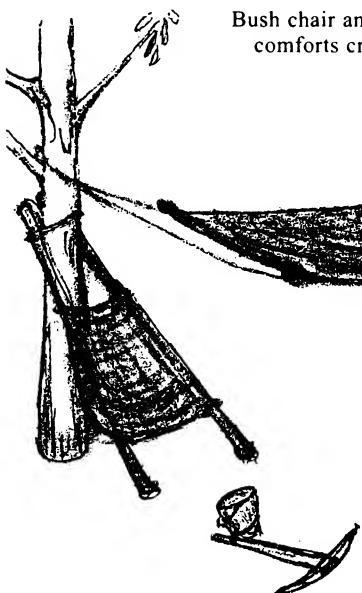
## Potato Bags

by Roberino, Arrawarra Beach, NSW.

Potato bags made of burlap are very sturdy, and, when cleaned, are a great resource for those inventive people living in the country. With the seams unpicked and resewn to the shape and size required, they were used as room dividers, carpets, curtains, even blankets in the 1920s and '30s when times were tough. However we view those uses, they were a source of comfort to many and meant the difference between a mere existence and something more homely and embracing.

Overseas, I have seen boats made using burlap and hessian. First an old rowing boat was turned upside down and covered with plastic sheeting followed by a layer of burlap and hessian. Then it was thoroughly coated with epoxy resin which was very slow setting, thus allowing it to soak thoroughly into the burlap or hessian, with a lot of kneading and rolling by the craftsmen over an hour. Maybe the very cold climate helped the slow set.

A few days later the new hull was slipped off the old boat and taken away for trimming and fitting. I was told that many river boats were made this way and were quite strong,

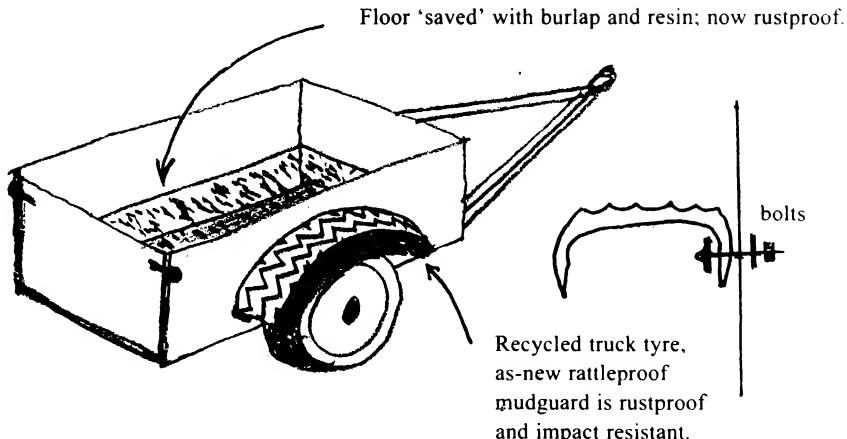


Bush chair and hammock: rustic creature comforts crafted from sticks and old potato sacks.

them to hide the seat springs which had worn through the leather covering. People 'made do' in those days and weren't as fussy as we are today, and cars weren't so quickly scrapped either.

I still use a burlap potato bag on the verandah to wipe my feet and it's easi-

### Recycled Farm Trailer



although timber was favoured still in eastern Europe.

Extending the boat idea, it wouldn't be difficult to use hessian/burlap and resin to make the old box trailer, wheelbarrow or rusty ute more serviceable again, not to mention repairing the rusty floor of the farm truck or four-wheel drive.

When I was a kid I remember many car seats had a burlap sack draped over

ly cleaned with the hose. Dogs and cats find comfort on a potato sack or sugar bag on a cold day, and they are essential, of course, for any three-legged race.

The possibilities are again up to you to adapt them to your needs. There really isn't anyone more inventive or resourceful than Australians on the land.

Don't forget the marvellously creative 'Depression furniture' made of recycled everything and now collectors' items. A very comfortable bush chair was made from a potato sack and a few sticks, and a hammock made by sewing three/four potato sacks together kept many a bush gold miner in comfort. ¶

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# STARTING A COMPOST HEAP

by John Mount, Woodford, Qld.

Nature, when properly left to her own devices, creates her own unique compost. On the forest floor she continually concocts a rich mixture of vegetable matter, decaying animal and insect life, and rainwater which completes the fermentation.

The final result is sweet-smelling, dark, crumbly stuff called humus. Humus energises and imparts life to the hungry soil by adding energy and the myriad bacteria necessary for breaking down animal and vegetable matter.

Soon earthworms are attracted to the healthy soil and their rich castings will further enhance the already vitalised earth.

It is important to remember that earthworms added to hungry soil will not regenerate the soil. If the soil is already poor or not to their liking they will leave and seek richer pastures.

## TESTING YOUR SOIL

Test your own soil by digging up a small sample of the stuff. Hold it in your hand, feel it, crumble it between your fingers, examine it carefully and smell it. Does it contain any of the following characteristics?

- dry and dusty
- hard as a rock

- wet and sticky
- sandy
- has no smell
- smells rancid
- contains no earthworms

A yes answer to any of the above means the soil is virtually calling out for help and is in dire need of a compost cure.

## HOW TO START A COMPOST HEAP

There are quite a few methods of composting. A compost heap can be as simple as a small heap of grass clippings and other rotting plant matter sitting on the open ground. A box or three-sided container is even better to hold the composting matter. A more earthy approach can be a hole dug in the ground with occasional vegetable remnants, leaves or grass thrown in.

For the city folk who don't wish to attract flies, smells, and irate neighbours there are special plastic composting bins, plastic bags, rotatable barrels, and other devices too numerous to mention.

## SUITABLE COMPOST MATERIAL

The ideal composition for a compost heap is approximately 25 times (by

weight) more carbon content than nitrogen-producing content. However, the actual measuring is done by nature. All that is needed is to throw in the following materials periodically:

- lawn clippings
- vegetable scraps
- fruit peelings
- manure
- certain garden weeds
- most leaves
- most sawdust (except from chemically treated timber)
- seaweed
- most twigs and prunings
- shredded paper
- coffee grounds
- tea leaves and tea bags
- wood ash

## WHAT ELSE MUST I DO?

Dig into or turn the heap once every couple of weeks. Don't use the heap on the garden until the humus has formed, usually around eight to ten weeks.

When the heap is ready for use on the garden it can be either spread over the garden surface as a mulch or it can be dug into the soil.

Remember, the finer the particles put into the heap the quicker they will decay and the quicker the humus will appear. ☺

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# Improve Your Reception

by Henry Banninger, Wodonga, Vic.

Forty years ago we had domestic radios that could pull in stations clearly from far away. Why can't we do it now? What has changed? The problem is that new radios are just not the same. They are designed for the world market and mass produced for all those high-density population areas where selectivity (the ability to keep stations apart) rather than sensitivity (the ability to capture a weak signal) is essential.

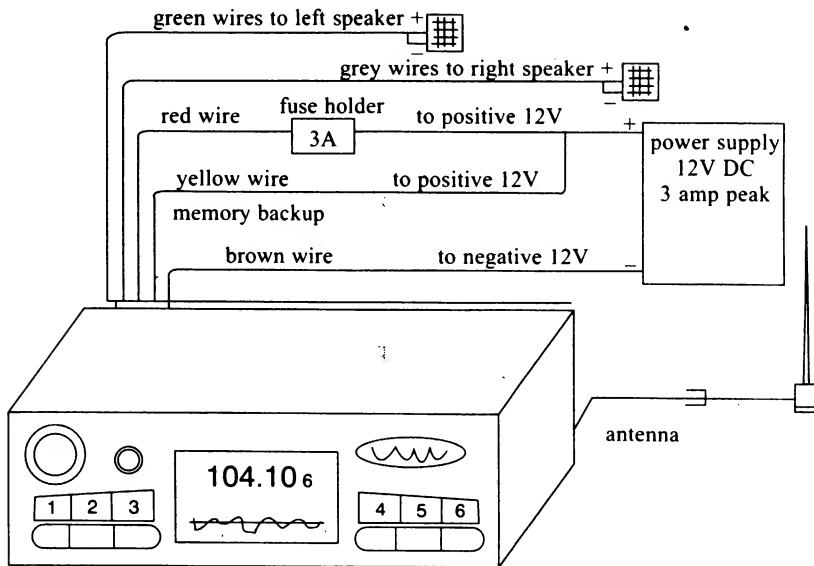
Many AM radio stations operate now on reduced power, or have been closed down and replaced by FM stations. While FM gives you a superior quality signal, it does only reach as far as you can see before breaking up and it can be plagued by phase distortion. To add to the dilemma, the manufactured electrical noise level has increased dramatically in the last 40 years. Just about every house has fluorescent lights, an electronic clock or timer, a refrigerator, and, if you are into alternative living, a converter. Each one of them can cause interference to your radio reception, especially on AM.

## THE SOLUTION

Assuming you do have a weak signal to start with, invest in a good car radio. Car radios operate with a small antenna, in an electrically noisy machine, and perform exceptionally well. Car radios are designed for cars only, if you want to use one in your home successfully you need to take the following steps.

Choose a true digital car radio, AM-FM, one with six or more electronic memory buttons and a digital number display window, a good brand, best without cassette. (Philips RN129 is a good one.) If purchasing second-hand from a wrecker, make sure it comes with the connecting harness leads. Get the seller to connect it and demonstrate it to you working on AM and FM, and have each wire identified and marked. Many radios are killed by people attempting to connect the wires without a plan. Some car radios need you to enter a security code; this is not practical for home use.

## Car Radio Setup



Obtain a pair of speakers; car radio speakers do sound harsh in a house, hi-fi speakers are much better. Remember, any speaker will need an acoustic box or baffle to perform correctly and not destroy itself. In a car the dash or the doors are the 'box'. Good stereo car radios need two speakers, no cheating here even if you are deaf in one ear.

A 12 volt DC supply is needed, at least two amps. If you have a 12 volt house supply it will be perfect. If you have a 24 volt system you need a reducer, 24 volt to 12 volt DC, capable of three amps. Do not tap on half your battery bank for 12 volts, you will unbalance the system and damage your batteries. If you are on mains power 240 volt AC, then you'll need a regulated power supply, 12 volt two amp continuous rated, keep it at least one metre from the radio as they tend to be noisy.

An antenna is the secret to good performance. In a car the antenna is matched to the car body for best performance. In a house we have to compromise. First of all, the antenna has to be outside in the open. The base of the

antenna has to be connected to a large conductive body; an iron roof is ideal, not on top of it but below the peak, standing out from the roof. Second-best is the metal guttering or a metal wall. Keep the antenna whip vertical and far away from other structures. Forget the old car radio antenna on a broomstick, you'd be cheating yourself. Be careful in lightning-prone areas and watch out for power lines. Choose a good car radio antenna, preferably with a 1300 millimetre long fibreglass or plastic coated whip, or, better, a fibreglass-enclosed marine type AM-FM antenna. 'Rubber duckie' or short gimmick antennas are okay in the city only. If you have a strong signal but scratchy reception on FM, experiment with the antenna location, moving as little as 0.5 metres at a time.

Pay attention to the cable from the antenna to your radio. You probably need an extension lead to reach your radio. Measure the length required, six metres total at the most. Buy a ready-made extension antenna lead with connectors fitted, available in 0.6, 1.2, 3.5

and sometimes 4.5 metres. Do not attempt to make it yourself as the cables have a matching capacitor incorporated.

Now connect your radio to the speakers, joining the wires with terminal blocks. Remember, if the wires touch each other you kill the radio.

The speaker terminals are marked + and -. Most speaker cables have a 'tracer', a black line along one of the wires; connect this to the negative terminal of your speaker, and the other end to the matching wire of your radio. Do the same with the plain wire. If you reverse them it will sound out of phase and awful.

Plug in the antenna, gently, making sure you have not tightly bent or squashed the antenna cable, which is normally hollow or foam filled and very soft. Next connect the power. Digital radios need three connections: A negative or ground (black or brown wire, sometimes connected to the body of the radio) goes to the negative terminal of your supply source. A 12 volt positive wire (red wire with an in-line fuse holder), and a memory backup 12 volt wire (generally yellow). Both wires go to the positive + 12 volt terminal of your source. Your 12 volt

source will have to be permanent, a small current (20 mA) being required to feed the radio's station memory (and clock).

Double-check all your connections, especially the polarity of your power source. Switch on the radio, turn the volume and the balance halfway, choose AM or FM, press the tune seek button or manually tune the station you want. Digital radios do not require adjusting. Some have a DX button for long range, switch it on. Sit back and enjoy. Once satisfied with the operation of your radio you must build it into a cabinet. Just remember, it does need ventilation as it will normally run hot.

#### Costing

All prices as a guideline only.

- radio (Philips RN129) - \$129
- speakers, small, in pods, pair - \$49
- speakers, open, make your own box, pair - \$32
  - antenna, base and lead - \$49
  - antenna mounting bracket, Z or L shape - \$9
  - marine antenna, lead and swivel bracket - \$79
  - antenna extension lead, 4.5 m - \$12

• power supply 240V AC to 12V DC, 3 amps peak - \$79

• power reducer 24V DC to 12V DC, 3 amps - \$59

The above parts should be available from your local car radio retailer, or you can order them from me, allowing for freight. Email: edelweis@albury.net.au Snail-mail: Henry Banninger, RMB 1086, Wodonga, Vic 3691. ¶

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Expressions of interest are invited from those who still believe in their dream and would enjoy a rural lifestyle within the supporting framework of an established Outdoor/Life Education Centre property, with an emphasis on Ecological Education.

Specifically, it is proposed that individual land titles (20-25) be zoned within a 154 ha property, situated near Mt Warning, northern NSW.

The proposal will include the development of an Eco-Village. Already in place is a well established ethical business with an excellent infrastructure which includes accommodation for 60 students and eight staff/teachers.

The primary purpose of the proposal is:

- a) To serve as a vehicle for participants to achieve their dream of a rural lifestyle supportively, and at the same time maintain an independent way of life.
- b) To provide a venue for participants to advance their own skills (eg; landcare and agricultural skills) and purposefulness within the fabric of the existing educational environment.
- c) For participants to be integral in developing the overall ecosystems of the property either in a proactive or passive capacity. This will include, but not be limited to, presenting alternative choices in perceptions to visiting primary school students and consequently assist in the development of purposefulness and direction in education.

It is envisaged that interested parties would share a similar view with respect to ecologically sustainable principles that may be expressed through the development of an Eco-Village on the property.

FOR INITIAL ENQUIRIES PLEASE CONTACT: JAMES MCLAUGHLAN 02-6679-4210.

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## ROUND THE MARKET PLACE

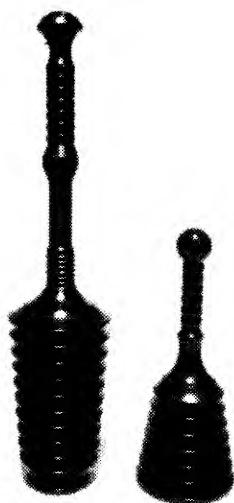
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Frozen organic produce is becoming more easily available these days. Now Australians and New Zealanders have access to certified organic frozen potato chips and wedges. These come under the brand name of Organik Nature Farm in 1 kg bags, and the product is 100 percent organic, including the vegetable oil used to cook the potatoes. The certified potato seed varieties include Agria, Fiana and Bolesta, and the owners, Terence and Jill Whelan, have been farming organically on their property in New Zealand's Taranaki since 1986. Their farm received BIOGRO Certification in 1990. The Whelan's have grown organic sweetcorn for Watties, and have been planning and trialling this new frozen product for the last two seasons. Organik Nature Farm frozen potato chips and wedges are available in good wholefood and other independent retail outlets for around \$4.85.

**For more information and to find your nearest retailer, contact the Australian distributor: World Whole Foods Pty Ltd, PO Box 54, Mitchell ACT 2911, ph: 1300-653-663 or fax: 02-6242-4764. The website has full details of World Whole Food's retail outlets and their organic products, go to: [www.worldwholefoods.com](http://www.worldwholefoods.com)** ¶

### COPPER REPELS SLUGS AND SNAILS

Slugs and snails can cause havoc in the garden. Putting down commercial snail pellets is not the answer when you want clean vegies and fruit, not to mention risks to dogs and kids. Now there is a copper barrier that can be used to repel slugs and snails, and it has out-performed all other methods in the USA. The barrier can be placed over and around plants you want to protect and the copper creates a toxic reaction with the pest's slimy secretions, rather like an electric shock, that the snail or slug immediately withdraws from. The copper strip is 3 mm thick and 7.5 cm wide with a 2.5 cm tab at the top to be folded at a 90° angle, which ensures the pests do not cross the barrier. The strip can be easily bent to suit any application; and is cut into suitable lengths, secured with a twist tie. Copper barriers can be placed anywhere – around young seedlings, trees, planter boxes, pet dishes or garden bed edges. Their effectiveness is not affected by the gradual oxidisation of the copper. Each roll is 6 m long and costs \$25 for one or \$44 for two.

**For more information contact: Green Harvest, ph: 07-5494-4676, fax: 07-5494-4674, or email: [greenhar@ozemail.com.au](mailto:greenhar@ozemail.com.au)** ¶

### GUTTERING FILTER SYSTEM

The Hedgehog Gutter Filter looks like one big bottlebrush and provides an effective method of gutter protection. The Hedgehog is placed in the gutter and the rainwater filters through the brush, while the leaves remain resting on the bristles, eventually drying out and blowing away. Smaller particles are not a problem and simply catch in the bristles, but cleaning is easy – just pull out the Hedgehog, shake and replace. The system is an effective barrier against birds and rodents getting into the roof, and the air still flows freely so minimises rust and lengthens the life of your gutters. It works well for people who have to rely on tank water as the Hedgehog acts as a good primary filter and softens the water flow from the roof so there is less likely to be runoff. It also means less residual debris gets stirred up and into the tank. This three-dimensional filter system comes in a range of profiles to suit various gutters available, from the 110 mm low front quad, up to the larger quads and Ace-line systems; and roof valleys, flat or bull-nose roofs are no problem. Hedgehogs can also be used to stop skylights becoming leaky and causing expensive damage. Installation is very simple and the brushes come in 1 m lengths, 125 mm in diameter. Hedgehogs are UV treated to stand up to the harsh Australian conditions and have an expected life of up to 20 years. They cost around \$15 per metre.

**For more information contact: Brushlands Rainworks Australia, PO Box 5062, Kenmore East Qld 4069, ph: 07-3378-5921, or fax: 07-3878-7092.** ¶



# RECENT RELEASES

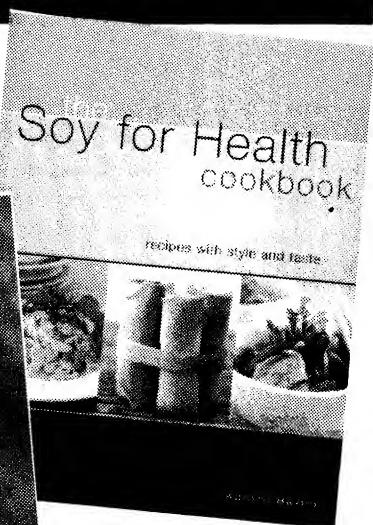
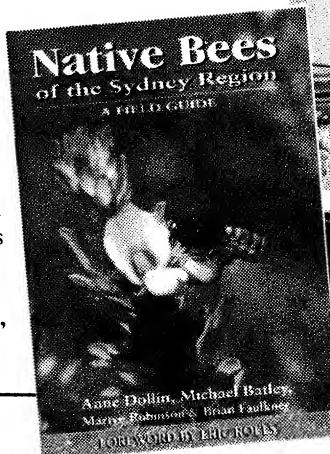
Titles described can be ordered through your nearest bookstore.

## NATIVE BEES OF THE SYDNEY REGION

### A Field Guide

**Anne Dollin, Michael Batley, Martyn Robinson & Brian Faulkner**  
Bees are an important natural pollination resource. This useful guide describes 31 of the most easily recognised native bee species found around Sydney, over 20 of which are also found in Queensland and Victoria. There is a colour photograph of each bee, together with a full description and details of flower preferences and known nesting habits. In addition there are useful diagrams, charts, and black and white photos. Readers are given tips for watching native bees in the bush, and can find out how to encourage them into gardens through building artificial nests and planting selected species.

P/b, 70pp, Australian Native Bee Research Centre, PO Box 74-G4, North Richmond 2754. Ph: 02-4576-1495. RRP \$15, plus \$2.50 p&h, or order from the Aussie Bee website at:  
<http://www.zeta.org.au/~anbrc> ¶



## WHAT YOUR HORSE NEEDS

### Betsy Kikora Siino

This is a great little book for kids. It contains a wealth of practical information covering everything necessary to care for your horse and ensure it is well adjusted, happy and healthy. You will find out about good nutrition, housekeeping and tack care, grooming and cleanliness, training, sports, and horses in relation to children, dogs and yourself. Information is supplemented by colour photographs and charts which simply detail relevant information. Other equally useful books in this What Your Pet Needs series include Bird, Cat, Dog and Fish.

P/b, 64pp, Dorling Kindersley, Penguin Books, PO Box 257, Ringwood 3134. Ph: 03-9871-2400. RRP \$5.45. ¶

## CLASSIC WALKS OF AUSTRALIA

### Sven Klinge

If you are intending to take that round-Australia trip, then you'll have to consider investing in a copy of this spectacular book. It details over 180 walks, ranging from the short stroll to the epic trek, and covering deserts, rainforests, alpine zones, tropics, coastlines, remote mountain, dry centre and more. The walks are given a fitness rating from easy to hard; track conditions are detailed and specific gear recommended for each walk. The stunning photos will suck you in unless the walk's description does first.

H/b, 352pp, New Holland Publishers, 14 Aquatic Drive, Frenchs Forest 2086. Ph: 02-9975-6799. RRP \$59.95. ¶

## ECO-VILLAGES & COMMUNITIES IN AUSTRALIA AND NEW ZEALAND

### Ed: Barbara Knudsen

Finally, an invaluable reference book for Australians, New Zealanders and overseas visitors alike. Over 10,000 Australians and New Zealanders live as part of intentional communities and this book provides information on 36 of these. It contains essential information for anyone considering community living, or a visit to one of these destinations. A glance at the listings shows there is a wide variety of approaches to community living. Each entry covers the community's history and structure; energy sources and use; shelter, food and water; spirituality or celebration; work and economy; outreach activities, accommodation for visitors/WWOOFers; and contact details. There are information boxes on areas like city farms, LETS etc, and a huge resource list of relevant publications.

P/b, 108pp, Global Eco-village Network (GEN) Oceania/Asia Inc, 59 Crystal Waters, MS 16 Maleny, 4552. Ph: 07-5494-4578. RRP \$16.50, plus \$5 p&h. ¶

## THE SOY FOR HEALTH COOKBOOK

### Recipes with Style and Taste

### Kurunmi Hayter

The soya bean is highly nutritious, and is an excellent source of protein and fibre. This recipe book will increase your soya repertoire considerably. The recipes include meals to suit all occasions – from soups and stews, through to snacks and side dishes, salads and appetisers, main dishes and desserts. Many dishes are Asian in origin. Kurumi Hayter is originally from Tokyo and was introduced to soya and its derivatives when her son was diagnosed as being lactose-intolerant. Many of her family's favourite adaptations are included in this colourful and stylish publication. This title is the partner to *The Tofu for Health Cookbook* by Wendy Sweetser,

P/b, 129pp, New Holland Publishers, 14 Aquatic Drive, Frenchs Forest 2086. Ph: 02-9975-6799. RRP \$29.95. ¶

## DISCOVER THE GIFTS AND TALENTS IN YOUR CHILD

### Kay Pittelkow, Angelica Jacob

We all want our kids to be happy and excel in an area that gives them satisfaction. This book will help parents to identify and nurture their child's strengths and potential in the areas of learning and thinking. Written by Australians involved with research and gifted children, the information for parents is highly pertinent as there is a knowledge of our education system and its limitations. There are comprehensive chapters on dealing with children gifted in science, maths and reading, as well as further reading lists at the end of each chapter if you need more information. Another valuable chapter deals with underachieving: questioning the frequent diagnosis of ADHD, considering other ways of learning (ie visual spatial, kinaesthetic), and the consequences of gifted children not being challenged.

P/b, 183pp, Simon & Schuster, PO Box 507, East Roseville 2069. Ph: 02-9417-3255. RRP \$19.95. ¶



## DOWN HOME ON THE FARM

by Megg Miller.

It's still hot, very hot, even though it is mid March. There is not a person I come in contact with who isn't feeling jaded and plain sick of the heat and the dry weather. Roll on autumn, the real one. Days where temperatures are moderate and you can do more in the garden than just water plants, and evenings that are cool and lull you into sleeping long and deep. It sounds so appealing.

The week past had a couple of days in the mid thirties, very warm for so late in the year. When the temperature gets that high the evenings are warm too. And warm evenings bring the snakes out and about, as I discovered. I'd left work early so there would still be light when I arrived home. The hens had been laying under a shed as well as in the woodpile and I needed to do a bit of crawling around with a garden rake to claim the bounty. Far too time consuming to fit in during the morning's rush. I'd take my time and use the torch if necessary. Mentally running through the list of activities planned for the evening, I could see there was time to visit the loo, change and get outside just as the light disappeared.

Alas, a riveting book in the toilet claimed my attention. A couple of quick pages surely wouldn't matter, I rationalised. The tabby cat waiting outside for her tea miaowed disappointedly. I glimpsed her tail out of the corner of my eye, its length seemingly endless. Looking up I was shocked to see it wasn't her tail but a large gorgeous looking tiger snake, slowly inching along inside the toilet doorway. What can you do with your knickers down? The snake wasn't going to be interested in me unless I leapt up and disturbed it. The cat, unfortunately, was much less reasonable, crouching down for action. Using the book I gesticulated wildly at her, all the while shaking my head and grimacing menacingly. Should she attack I could well imagine both snake and cat under my feet. Tabby backed off, bless her. I shrugged resignedly and turned the page, prepared to sit the waiting time out. When I looked up again the snake had gone. The light had faded and it was dark, and the idea of searching a



Suni's overcrowded courtyard garden – wait till she gets her country three-quarter acre.

woodpile for eggs had waned considerably. I finished the chapter before walking across the shadowed paving to the back door. I may have been cool about the confrontation, but not that cool. I couldn't help taking very high steps as I walked. The porch light shining, I popped out to retrieve the torch which was sitting on a rubbish bin next to the kitchen sink outlet. A distinct hiss frightened the life out of me and I fled back to the safety of the porch. Another snake, or the same fellow having a drink? There and then I abandoned the evening's work plan, retrieved the book from the toilet and read myself to sleep.

It was the first encounter with a snake this summer, possibly because I don't usually get home till late and it's usually cool by then. Just as well I'm not bothered by reptiles. The experience of a friend with a horror of them came to mind when I was sitting and waiting for my guest to move on. She had spent a terrible day once, crouching on the benchtop, unable to move because of the presence of a snake in the kitchen. Such an invasion is an unpleasant thought, but the snakes I've met outside have, with a couple of exceptions, been totally uninterested in what I've been doing. Leave them alone and they will ignore you.

The next day I gave an edited version of the event to Suni, as she had

stayed a night or so earlier. 'Where out the back?' she demanded, as I evasively recounted the incident. 'Oh you know, towards the back,' I answered. 'Not on the paved area?' she queried, eyes widening in alarm. Following my silence she said, 'Did I tell you I can't stay next week? I've got something on. Just get me a stick will you, and leave it at the back door, and get rid of those spiders too.' The least I can do is remove the two innocuous spiders that have been trapping the flies and mosquitoes that venture into the toilet. A stout stick? Shouldn't be difficult to find, but is it to strike the snake or me?

Suni usually stays one night a week. It's a break from travelling for her, an opportunity for some quality time together, and it ensures my housekeeping standards don't slip. We usually eat out somewhere then work our meal off by going for a walk. We used to meander up the road that passes my place, taking the torch to see in the dark and stopping awhile to listen to the country sounds. One night Maria the dog wistfully followed us to the gate. 'Come on Maria,' Suni urged, 'come for a walk.' The dog trotted off ahead, her tail carried high. Not once over the ten years Maria has been on the farmlet has she accompanied me outside the property boundary. Even out the back where there are open paddocks she has only

ever gone to the fenceline. She might lie down and wait and watch, or rush off past me on her own adventure. Never has she wanted to walk along like a regular pooch. It was a pity we didn't feel able to take her along the night she wanted to go, but she's not lead trained and car lights in the distance warned a vehicle would soon be approaching. The last few times Suni has stayed over we've taken our walks in town, admiring annuals and coveting roses and expounding theories on what makes a perfect garden.

I don't have a perfect garden, though I would dearly love one. I'm in the process of creating an interesting one. Suni, of course, has her balcony and pocket-sized backyard garden. Her dearest wish also, has been for an expansive extraordinary garden, a place where she can grow lavender hedges, plant her olive tree, and see a green dream expand. Not only have we walked around town looking over fences at houses and gardens, but we've also driven. In fact we've visited all the local towns and stopped and examined a couple of houses. Suni and her companion Marcel have struck out and bought a house of some character on three-quarters of an acre in a nearby country town. They will share time between there and city living and commitments. There is a range of thriving fruit trees already and some gorgeous roses, and Suni has planned and replanned the garden area many times already. We've discussed wheelbarrows, hoses, garden tools, grades of gravel, water tanks – honestly, the list is exhaustive. They're both excited about the prospect of having their very own soil, and a house with room to move about in. In the city their terrace place is so small you couldn't swing a

cat, though I'll be in terrible trouble for suggesting that as they have a little kitten and he is a source of much joy.

Naturally, I'll be able to provide spare shovels, hoses, a wheelbarrow, share my lawnmower and donate some appropriate poultry. When I write this page next issue the children will be ready to take possession. I may even be able to offer a goose for the spit, though I dare say the spit will need to be acquired first. Goodness, whoever would have thought the little girl who put on her long pink dress and patent leather shoes each weekend, an eon ago, would return (in part) to the country.

Actually, I don't just have garden equipment to share, I have a wonderful garden resource that costs nothing and saves hours of work. No, it's not chook manure, just raking it all up is an effort and so it's not saving work time. But there is plenty of it and I'll certainly be offloading as much as possible. I'm talking about cardboard. One benefit of working late in town is that all the rubbish and recycling bins are on the kerbside when I'm heading home and so I've discovered an unlimited supply of cardboard. Most Monday nights I can be found huffing and puffing as I try to fit gigantic flattened boxes into my minuscule car. When opened out the card is thick and covers quite an area. I mow the weeds first, lay down the cardboard and then cover it with some straw mulch. Beautiful! I've done so well I'm happy to collect it for friends now. There is one particular shop in town where the owners are probably shaking their heads, saying, 'Can't believe it, some odd bod keeps taking the old boxes. Unbelievable. People will take anything today.' Isn't it called recycling or reducing landfill? ¶

## PENPALS

G'day! I am a Caucasian man, 40+, free-thinker, esoteric leaning, living in SE Qld. Interests include semi self-sufficient lifestyle, light classical music, fishing, chess, mosaics, photography, caravanning and camping, the outback, ancient history. All mail answered ASAP. Due to relocation plans, please e-mail.

**Nathaniel**  
**hopalongnat@hotmail.com**

My name is Samantha (Sam). I am 17 years old, and doing year 12 at TAFE. I live in Melbourne and would love to receive letters from penpals: girls or guys aged between 16 and 21 years. My interests are varied including: surfing, travelling, listening to music, photography, playing tennis, animals and writing. I love writing letters and hearing about other people's lifestyles. All letters will be answered.

**Samantha (GR144)**  
**C/- PO Box 117, SEYMOUR 3661.**

I am a widow, 67. A pommie with a tale to tell. Please write if on your own, have decided on alternative lifestyle. Into writing, animals countryside and much more.

**Margaret Christmas**  
**64/445 Pinjarra Rd, COODANUP 6210.**

My name is Kenneth, I am a 36 year old male and a Brisbane resident. I would like to write (email and/or post) females from 26 to 35 years for penpals/friendship who are interested in alternative lifestyle, health and music.

**Kenneth**  
**PO Box 5109, WEST END 4101.**  
**Email: kwt35@start.com.au**

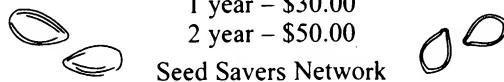
Hello, my name is Michelle and I'll be 16 in the middle of the year. I live on a hobby farm with a menagerie of animals. I play the flute and the piano, so I like music. I would like a male penpal about my own age who doesn't live near a city.

**Michelle Grose (GR144)**  
**C/- PO Box 117, SEYMOUR 3661.**

### TIRED OF BUYING SEEDLINGS? JOIN THE

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  - 2 year – \$50.00



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# GRASSIFIEDS

## **HOW TO ADVERTISE**

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 145 is 30th April, 2000.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
Address ..... Classification .....  
..... Postcode ..... Cost .....

**Cost for advertisements is 85c per word**

# **PROPERTY FOR SALE**

## **NEW SOUTH WALES**

**UKI, NORTHERN RIVERS**, comfortable 1 b/r cabin, modern kitchen & bathroom, built on 1 ac clearing in the middle of 12 ac of forest with perm crk frontage. One hr to beaches at Byron Bay & Coolangatta. Bargain at \$95,000, company title. Ph: Peter, 02-6676-2198.

**NERRIGUNDAH**, 1 hr Batemans Bay, 40 mins Narooma, 40 ac, very secluded, mostly bush, approx 7 ac cleared. Two storey brick home, 4 b/r, 2 bathrooms, family room, huge lounge/dining, OFFP, country kitchen, wood stove, + elec oven & hotplate, d/washer, abundant water (fresh), power, ph, wood & gas heating, f/trees. \$285,000. Ph: 02-4473-5450.

**PICTURESQUE FIVE ACRES** & house, 2 b/r & loft. Permanent crk, power, access, very close to nat pk, abundant wildlife, 20 mins nth Kyogle, f/trees. \$142,000. Ph: 03-5985-3768.

**BAWLEY POINT - SOUTH COAST**, house & pottery studio, fully equipped 8 cubic gas kiln, furniture & wheel - colonial style. Four verandas, brick, large beds, open plan. Lovely gardens, easy care, 6 mins walk to beach & shops. Inclusive price \$159,500. Ph: 02-4457-1415 evenings.

**FORTY-FIVE MINUTES TO BRISBANE** or Sunshine Coast, land 909 sqm to build home (no building restrictions), partly shaded, ironbark and gum in two extended corners of block. Near primary school, shops, Deception Bay. Power, water. \$42,000 Ph: 02-9150-7665.

**DUNGOG FOREST HIDEAWAY**, 2½ hr Sydney, 200 ac retreat, complete privacy. Brilliant views, wildlife, nature's resort. Price \$150,000 QNO. Ph: agent 02-4992-1704.

**NIMBIN NSW**, r/forest setting with birds & wildlife. Two peaceful ac with restored railway carriages on Multiple Occupancy only 6 km from town, all modern conveniences. \$99,000. For photographs & details ph: 02-6689-1137

For photographs & details ph. 02-6669-1137.  
**FOURTEEN ACRE** f/hold, 3 b/r house, garage  
& sheds. Large orchard, 36 f/trees, 20 grape  
vines etc. Ideal for self-suff., 2 km from village,  
100 km Griffith. \$68,000. Ph: 02 6975 6163.

**TARALGA/BIG HILL AREA**, 440 ac. Peaceful valley amid rugged wilderness. Comfortable cottage, early settlers modified. One owner 27 years, special retreat. \$180,000. Goulburn 45 mins, 15 mins schools & services. Details: 02-4268-1049 or 02-4840-2238.

**FAR SOUTH COAST**, ½ hr coast, 17 ac of regenerated native forest, Ige dam, fully fenced, bush studio, plus 1 b/r self-contained shed, power connected. Great views of Mt Peak! Alone \$98 000 Ph: 02-6493-4919

Alone. \$90,000. Ph: 02-4954919.  
**NSW BORDER RANGES**, 135 ac, 40 km nth of Kyogle, 160 km Brisbane, 1½ hr Byron Bay. NE aspect, absolute privacy with nat pk on 3 sides. Stunning views, deep rich chemical-free soil. Permanent crk with swimming hole, 2 spring-fed dams. Selectively cleared with stands of mature trees. Two lg council approved steel-framed sheds. School bus at gate, ph avail. Whole block is very accessible. Potential for anything. Large amount of machinery also avail. \$165 000. Ph: 02-6636-2272.

**THREE BEDROOM HOUSE**, \$98,000, near new, Drake. Ph: 02-6737-6836. Ref # B110092.

Photos & details: [www.australiarealty.com](http://www.australiarealty.com)

**GLEN INNES, HUGE BRICK HOME** on 5 ac, close to town, 4 b/r, family & lounge rooms, library, study & studio upstairs, lge kitchen with W/I pantry & s/c stove, elec stove & gas BBQ, lge dining & morning area with s/c heater. \$225 000 ONO Ph: 02-6732-5040

**EDEN CREEK**, 16 km to Kyogle, 58 ac, all usable land, currently grazing cattle & approx 15 ac cultivation. Long crk frontage with permanent water, 1 dam. Excellent access with sealed rd frontage & power avail. Temporary c/van accom. Freehold title \$89,000 Ph: 02-6672-6261

**THREE BEDROOM STONE HOUSE + flat, with income. Combustion stove & electric. Set on 1 ac with bore. \$149,000. Ph: 02-6364-5087.**

**MID NORTH COAST**, Comboyne Plateau, 1/4 share of 587 ac, on top of the mountain. Spectacular views, 2WD access, waterfalls, spring crk, grass trees & r/forest. Shed, tank, dams, fenced & ornamental gardens. \$42,000 QNO Ph: 02-6556-0235

**BONALBO, NORTHERN NSW**, 69 km west Casino, 2½ hr Brisbane, 2 good level blocks of land in township 1647 m<sup>2</sup> and 1901 m<sup>2</sup>. Can be amalgamated. Five mins walk to schools, hospital, shops etc. \$4900 ea ONO. Ph: 02-6665-1152.

**HILLVILLE** – 15 mins Taree, 30 mins Forster,  
110 ac, part cleared, 3 b/r home, backs onto  
state forest. Roads & tracks through forest ideal  
for horse riding. \$195,000. Ph: 02-6550-6138.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**SOUTH-EAST FORESTS**, 60 km Cooma, 80 km Bega, 160 ac, ¾ km crystal clear river frontage; drink, fish, swim, kayak. Two-thirds forest, the rest natural grassland. A native bird & animal paradise including platypuses in the river. Twenty-five mature f/trees, 25,000 lt concrete tank, lge dam, all interconnected to river, house & f/trees with polypipe. Substantial mud-brick house (17 m by 6 m) with front & back stone-paved verandahs, no synthetic materials, chemicals or paint used. Solar elec, 240V wiring, 6 solar panels, 6 solar batteries, solar HW, s/c stove (also for hot water), LP gas stove, wood heater, LP gas fridge, antique claw bath, septic tank. Self-contained log cabin, concrete floor shed (12 m by 7 by 3 high), tool shed, also pump & generator. \$185,000 ONO. Ph: 02-6458-5287, or 02-4930-8452.

**NSW SOUTH COAST**, fruit winery set on 5 ac, fronting Princes Hwy. Includes 3 b/r mudbrick & timber home, estab mixed orchard & gardens, perm crk, tank & town water, with rapidly growing winery. Village of Quaama, 20 mins from Bega & beaches. Suit couple looking for a lifestyle with income. \$275,000 WIWO. Ph: 02-6493-8382, or email: sue@fruitballad.com.au

**NORTHERN RIVERS NSW**, 15 km sth of Kyogle, 3 ac, good grass, shade trees, ride-on mower, 3 to 4 b/r brick/tille home, new carpet, insulated ceiling, air conditioned, lge modern kitchen, verandahs, fernery, 2 car c/port, garden shed, unrestricted views, good r/fall, 3 x 5000 gal tanks, also lagoon water, power, ph, bitumen bus service, 6 m x 12 m worked. \$175,000 ONO. Ph/fax: 02-6663-3302. Email: jimbeth@nor.com.au

**COUNTRY LIVING PLUS INCOME** – Eden area. This is an opportunity to purchase a lifestyle, 40 ac country escape, 30 mins from pristine beaches. Featuring 47 sq residence, in a parklike setting, offering superb fittings & 360° views, only 2 km from school & village. Wholesale rose nursery supplying rose plants to retail nurseries along coast & ACT. All equip necessary to run business included. Established f/trees, vines, dams, market garden. Unlimited potential & opportunities. Great family business. All the hard work has been done. Make your move now. Price \$340,000. Ph: 02-6496-7042.

**BATHURST/ORANGE HOBBY FARM**, incl 7 hessian covered igloos, 5 being no-dig permaculture growing vegetables/flowers. Sign making machine for timber. Three commercial sheds (5000 sq ft), one set up for retailing. Ample rain/bore water. Large 6 b/r home, suit 2 couples, on 2.7 ac. \$198,000. More info: 02-6368-7264.

Don't forget to include your area code with your phone number. It's best to set it out as 00-0000-0000. ↵

DEADLINES: GR145 – APRIL 30TH  
GR146 – JUNE 30TH

**SALE/LEASE:** 7 ac, NW slopes, pink granite cottage, solar power, organic garden, permaculture design, 2 dams & 1 lge rain tank (gravity-fed to cottage/garden), guest accom, sauna, plunge pool. \$65,000/\$150 pw. Ph: 02-6725-2499.

**NORTH COAST**, 37 ac, Grafton/Wooli area, 5 km Tucabia village, lge dams, scenically cleared, 25 ac preserved native forest. Comfortable 2 b/r cottage, alt power HWS, shed, c/port, garden, frost free, gently sloping, northerly aspect adjoining state forest, wildlife galore. \$75,000. Ph: 02-6644-8174 after 7.30pm.

**MILTON/ULLADULLA AREA** south coast (NSW), ¼ share in 100 ac Born Again Christian community. Beautiful 3 b/r home, huge dam, mach shed, solar, gen, mountain views, 25 mins town. \$145,000. Ph: Ron, 02-4455-6744. Like-minded applicants appreciated.

**BEGA VALLEY**, 40 ac, 5 ac cleared, joining nat pk. Unique 3 b/r home overlooking r/forest gully. RiteLite glasshouse 14 m x 16 m with climate control. Large timber garage/workshed. Solar system 240V. Irrigated extensive orchard & mixed exotic/native gardens. Glockmann pump on perm spring-fed crk, 5000 gal tank. Business opport, beautiful location. \$165,000. Ph/fax: 02-6493-2708 AH.

**BUMBALLA SHIRE BUSH RETREAT**, 170 Badgery's Lookout Rd, Tallong. Opportunity to purchase a share in 140 ac of beautiful bushland situated above the Shoalhaven River. Bordering onto the Morton Nat Pk, the land has a cosy timber cottage with solar power & r/water. An ideal weekender from Sydney or Canberra, for lovers of wildlife & native flora. \$8000. For more info contact Gabby Greyem on 02-9130-1740. Email: gabstar@one.net.au

**BEGA VALLEY**, 3 b/r timber slab Victorian cottage on 15 ac. Renovated bathroom, new kitchen, wood & gas heating, town water, perm crk, mail, school bus to gate, carport. Mature, lovely garden, orchard, 4 paddocks. Bega, Narooma 30 mins. \$156,000. Ph: 02-6493-8452.

**COFFS HARBOUR AREA**, western red cedar timber home in elevated r/forest setting on 2 ha, 14 km from CBD & beaches. Three b/r, main with en suite & WIR, 3 WCs, open plan step-down lounge/dining with raked ceiling & exposed beams, timber floor, fan, OFP & gas heating, full length covered front verandah + lge entertainment deck, timber kitchen with ample storage, double c/port, workshop & sheds. About half of land level & irrigated, suitable for hobby farming with some mixed fruit trees planted, or convert to grazing paddock for a horse. 25,000 lt water tank + clear water bore with submersible pump. Peaceful valley living with lots of bird & wildlife within 15 mins of town. \$210,000 ONO. Call: 02-6653-8226.

**MID NORTH COAST**, 119 ac, 37 km west of Nambucca Heads. Well timbered bush block, crk. \$59,000. Ph: 02-6568-8292.

**FAR NORTH COAST NSW**, 20 mins Yamba beaches, beautiful pole house on 88 ac, unlimited water, rock swimming pool, undulating horse paddocks, rising to natural bush. \$195,000. Ph: 02-6645-3516.

**BUSH RETREAT**, unrestricted f/hold, 250 ac, very private & peaceful, 39° r/fall, all covered in native timber, fully fenced, NE aspect, 2 valleys with crks. Gently slopes from 800 m up to 1000 m, with good views from the higher points, good soil on crk flats, ideal for self-suff, dual occupancy allowed. Tamworth 130 km. \$60,000. Ph: owner, 02-6783-1446 AH.

**HOUSE ON FIVE ACRES** nth NSW, 1½ hr from Gold Coast, spacious timber & rock, 2 storey, 5 b/r, nth panoramic views, lge solar system, shed, tanks, well estab community, needs work, must sell. \$87,000 ONO. Ph: 02-6684-3946.

**EXPRESSIONS OF INTEREST**, NSW inland river block, 1.6 ha in town. Excellent prospect for environmentalists to continue 15 years of tree planting & attracting birds. Good 3 b/r house. For details ph: 015-487-972.

**LOW COST LAND SHARING**, in new lge alternate community, 20 km nth of Port Macquarie, 1640 ac property, sites in cluster style development, 80 shares with 50 sold so far. No cats, dogs, beach access through nat pk, river 2 km away, good soil. \$7000 share. For info, maps, ph: 02-6566-0087, 02-6653-4601. Web site: www.skyboom.com/goolawah

**AT EBOR ON WATERFALL WAY**, 3 b/r home, ½ ac, lge shed, combustion stove, elec, ph. Permanent water supply, close schools, surrounded by nat pks, trout fishing, bushwalking. Must-see bargain at \$39,000. Ph: 02-6657-5118.

**MOLE RIVER VALLEY**, Tenterfield, NE NSW, 430 ac natural (fast flowing) riverfront grazing, power, ph, building permission. \$85,000. Adjoining 40 ac riverfront – \$45,000. Ph: 02-6737-5513 most weekends.

**YAMBA – COFFS HARBOUR – BYRON BAY AREA** – 3 hr sth of Brisbane, 100 ac natural forest 28 km from Yamba's great beaches & nat pks. Building permission. With elec \$100,000, or no elec \$72,000. Ph: owner, 02-6646-3733.

**NORTHERN RIVERS – IDEAL RETREAT:** Japanese garden and fishpond divide 2 delightful modern 3 b/r mudbrick/timber homes, 1 with hardwood floors, wood stove, solar HWS, excel lge studio with wood stove, fans, water. Pool, producing orchard (18 mangos + 18 asst fruit/nut trees), crk boundary, 15 lovely elevated ac, wonderful views, NE aspect 45 mins Byron Bay, 15 mins Lismore or Nimbin, bitumen road. Ideal investment, live in 1/rent 1; an extended family or a fabulous retreat. Only \$299,000. Ph: owner, 02-6628-2614, or email: damanhur@nnsnsw.quik.com.au for brochure, or see: www.nnsnsw.quik.com.au/damanhur

**BUSH HIDEAWAY**, 40 ac, Numeralla, 20 mins Cooma. \$20,000 ONO. Ph: 02-4474-0292.

**TEN MINUTES BURRUM HEADS BEACH**, 20 mins Hervey Bay, 2½ ac, big trees, sealed rd, ph, elec avail. Caring owners needed. \$42,000. Ph: Effie, 02-4759-3895.

# CLASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**RENOVATED FARMHOUSE, TIMBER**, Dorrigo NSW. Fully fenced ½ ac garden, spacious home, Kent heater, entrance room, laundry & 6 rooms, 7 km from Dorrigo. \$112,000. Contact: 02-6657-5238.

**TENTERFIELD BUSH RETREAT**, 1686 ac, portion hilly, lots of flora and fauna, always running stream, picturesque, bush hut. \$70,000 ONO. Ph: agent, 02-6736-3377.

**COTTAGE, TWO TO THREE BEDROOMS**, grocery store, joinery, furniture store, shedding, hay shed, hardware, vegie garden, 60 ft/trees, 30 grape vines. Walk-in walk-out situation. Close to school, bowls club, pub. Suitable for family of carpenter, handyman, gardener. \$85,000. Ph: John, 02-6383-2375.

**A RIVER RUNS THROUGH IT**, approx 40 km from Eden – paradise in the coastal hills near the Vic/NSW border, 220 ac nth facing forest slope to wild river, nat pk opposite. Plus 120 ac with long crk frontage. Abundant wildlife, timber, water, soil, mild climate. Huge possibilities: shareholdings, growing olives, plantation timber, whatever. Nimbin-style development perhaps? Valued 4 years ago at \$145,000 & \$95,000, worth more now but we'll take less. Much less if you buy two. Ph: 02-4784-1020

**SHARES ON ESTABLISHED** conscious community, Byron Bay hinterland. \$90,000. Ph: 02-6684-9394, 0412-149-677.

**BELLINGEN, KALANG VALLEY**, 53 ac, secluded perm crk, valley, certified organic macadamia orchard. Fully equipped solar powered mudbrick house, 17 km from town. Phone, stable community, exotic birdlife, incl 4WD tractor & all equipment. \$315,000. Ph: 02-6655-2982.

**LOVELY SMALL SECLUDED COTTAGE** – r/forest mtn setting, much wildlife. Good water supply, spring & tank. Wood chip heater, solar power, trop ft/trees, school bus, + 2 ac share on MO, Channon/Nimbin area, main & 3 rooms. Price \$59,000. Ph: 02-6621-4981, or 03-9499-3463. Brigitte Zweng, 22 Clarice St, LISMORE 2480.

**MUDGEETON, TWELVE HECTARES**, fenced, half wooded box trees, 2 dams, bore, elec, 3 b/r cottage, approx 6 ha suited olives etc. Wildlife, views overlooking nat pk, 20 mins pub/shop, school bus. Price \$120,000 ONO. Ph: 02-6373-5494.

**FOR SALE**, 3 b/r log cabin, quiet country living, 60 km from Inverell. Mostly self-suff, many extras. \$25,000 ONO. Ph: 02-6725-2474.

### QUEENSLAND

**STANTHORPE, THIRTY ACRES**, part cleared. Renovated 2 b/r s/o house, wheelchair access. Close to p/school, bus past door, 10 mins town. \$70,000. Ph: 07-5491-7691.

**HINTERLAND GRAZING**: Fully fenced 25 ac, perm crk, dam, gently undulating, valley views. Ideal for grapes, olives, neem. Only \$19,990. Ph: 07-4153-1344.

### PLACING AN AD?

*See page 73 for details*

**TIARO** – ¾ ac, estab orchard, 4-bay shed, tank/town water, 2 b/r, granny flat, spacious house. Landscaped gardens, extras. Close town, school, Hervey Bay, Fraser Island. \$125,000 ONO. Ph: 07-4129-2756, PM.

**TEWANTIN/NOOSA** 7 km to township, 10 ac fenced, power pole, trees, cleared sections for house, close nat pk, Noosa Beach. \$88,500. Ph: 07-5474-3394.

**BAUPLE**, wildlife, quiet, 5 year old concrete house, 1½ ac, 1 b/r sleepout, power, septic, school bus past, 10,000 gal tank, 40 mins Gympie/M/boro, garage big, estab gardens. Water 30 mins. \$79,000. Ph: 07-4129-2026 (nights), photos.

**NOOSA – TINBEERWAH**, 3 ac – r/forest with crk, 1 ac cleared – sloping, possible multiple dwellings. View to coast, Noosa. 15 mins, Eumundi 5 mins. Power, ph at site. \$98,000. Ph: Veronica, 0413-606-121, Ursula, 0402-155-349.

**SEE FOUR MILES CRACOW**, 19 ac, liveable cottage under renovations, dam, r/water tanks, fenced, chook pens, cattle ramp and yards, gardens, school bus, 50 km to all shops, gold mine to re-open nearby. \$50,000. Ph: 07-4982-7249.

**PLAINLAND**, 2½ ac, undulating block with house pad, dam, town water & power avail. Flood free, mountain views, 7 mins to township of Laidley. \$26,000. Ph: Lou, 07-3272-7786.

**SOUTH-EAST QUEENSLAND, LEYBURN**, 100 ac fully fenced, half cultivation rest natural cypress & native trees, windmill, bore, dams, 17,000 gal fresh water. Cement floor shed, 4 machinery shelters. School bus, mail service to door. Three b/r highset steel home, verandahs, near-new floor coverings, painted, blinds, curtains, solar power, inverter, 240 volt generator, gas fridge/freezer/stove, s/c/cooker/hot water, saw bench. Many extras. \$140,000. Ph: 07-5496-4848/0428-950-131.

**BOONAH SHIRE**, Mt Alford Village 40 mins Ipswich. ¼ ac block in lovely surroundings, tourist rd to Moogerah & NPS. Double garage, lined, a/c, town water, power, sink unit & shower. Close to store, 15 km Boonah. A snip at \$22,000. Ph: 07-3281-1960.

**MONTO, HOBBY FARM OR CRAFTSPERSON'S** gallery/home or retirement retreat, 12 km nth of town on Burnett Hwy, 3 b/r house, 2 40 ft x 10 ft dongas, 36 ft x 30 ft shed, cow bail & chook shed, 3-phase power, bore & tank water, good soil. \$120,000. Ph: owners, 07-4613-0381. Pictures on internet: [www.c-link.com.au/Montohouse.html](http://www.c-link.com.au/Montohouse.html)

**COASTAL ACREAGES** – Vendor terms – from 5 to 500 ac, close towns, beach, with crks, dams. No credit checks, low deposit. Blocks from \$52 per week. Ph: 07-4153-1344.

**MILLMERRAN**, 250 ac f/hold, gently undulating, lots of trees & potential. \$44,200 ONO. Ring Chris on: 08-8985-5560.

**GIN GIN FIVE ACRES**, dam, power, ph, septic, tractor. One b/r unlined steel modular home. Locals grow olives, mangos etc. WIWO \$60,000. Ph: 07-4157-4601.

**MACKAY**, 4 bed pole-platform, timber home on 5 ac of r/forest with ocean views. Ten mins to town. Winner of Best Home for Tropical Living & Most Energy Efficient Home in 1999. Passive solar design, recycled timber, Dowmus composting toilet utilising worms, solar hot water, r/water tanks & bore all reduce effect on the environment. Bitumen driveway. \$300,000. Ph: owner, 07-4942-9101.

**WOWAN, CENTRAL QLD**, house & 30 ac, town water, 1 hr to Rockhampton or Biloela. \$42,000. Ph: 07-4973-8108.

**DULACCA, NEAR MILES**, 6 ac, hut, next to town, vendor finance. \$10,000. Ph: 07-3857-4035.

**EX-FLOWER FARM** 10 mins from beautiful Bowen beaches, near mtns, 3 storey A-frame, 5 b/r, featuring timber, + guest cottage, 7½ ac, 2 bores, 2 dams, 1 coldroom, 1 shed. \$170,000. Ph: 07-4785-2456.

**FIVE ACRES RICH SOIL**, good neighbours, fantastic views, fully fenced, close Allora, 15 mins Warwick. \$26,000 ONO. Ph: 07-3283-1550, 0415-169-563.

**WONDI SHIRE**, NW Kingaroy, SE Qld, 43 ac f/hold vacant block. Steel frame of shed erected. Selected clearing, still heaps tall ironbarks. Shady crk, good soil, plenty sand. Ph & power nearby, school bus at gate. Almost totally fenced – one side goat fence. \$27,000 incl 3 KVA diesel generator. Ph: 07-4168-9107.

**BRISBANE HALF HOUR**, sml 3 b/r brick home. Low maintenance, close to everything. \$85,000. Consider exchange for acreage home SE Qld/Nth NSW. Ph: 07-3396-0918, 0418-715-770.

**RAINFOREST ADJACENT WORLD HERITAGE**, Atherton Tablelands, 2 blocks 130 ac each. Abundant wildlife (incl cassowaries), crks, waterfalls. Great ecotourist potential. Block with house, organic orchard, shed = \$195,000. Block without house = \$165,000. Details and photos at: [www4.tpgi.com.au/janmearns](http://www4.tpgi.com.au/janmearns)

email: ausgold@tpg.com.au Ph: 07-4096-8386

**FRASER COAST**, brick house, steel roof, 3 b/r & sleepout. Shady verandahs, c/port & double steel garage on 1½ ac, lots of trees, 10 mins from Maryborough. \$110,000 ONO. Ph: 07-4696-8344.

**STANTHORPE**, 10 ac, modern country home, 3 b/r, country kitchen, combustion & gas stoves. Huge barn, c/port, railway shed. Two dams, spring bore, new r/water tanks. Lovely gardens, orchard, vegie patch, chooks, new fences, 80 olive trees (bearing) under irrigation. Near school, tarred road, plenty seasonal work. \$116,000. Ph: 07-4683-3110

### NO ENDORSEMENT

Classifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein. ¶

# CLASSIFIEDS

## PROPERTY FOR SALE

### QUEENSLAND

**FORREST BEACH, NEAR INGHAM**, 3 ac residential block, natural bush. Handy Allingham township, shops, school, beach, boat ramp, pub. \$50,000 ONO. Contact: John, 07-4057-1550, AH.

**SOUTH-EAST QUEENSLAND**, environmentalist's dream, 3800 ac, 4 blocks. Home, timber, grazing, landscaping, spectacular views, 2 hr Brisbane. Creeks, springs, waterfalls, abundant wildlife. Sell separately/trade. POA. Ph: 07-5484-0336.

**WARRICK, QUEENSLAND**, shed with town water & elec connected on 1 ac in quiet country area. \$32,000. Vendor willing to finance on \$3200 deposit, \$102 pw. Ph: 07-3262-6050.

**KOOKABURRA PARK ECOVILLAGE**, stage 4 now selling. For more info:

Web site: <http://kookaburra.eco-village.com.au>  
Email: [barry@kookaburra.eco-village.com.au](mailto:barry@kookaburra.eco-village.com.au)  
Ph: 07-4157-2850, or 07-4153-1303, fax: 07-4153-1358.

**UNIQUE RED CEDAR HOME** on 26 ac bush block, 15 mins Gin Gin, perm crk. \$90,000. Ph: 07-4157-2756.

**ESK, BRISBANE VALLEY**, 100 yr old timber 4 b/r home on 1/2 ac in town. Wood & elec stoves. Mature garden, sheds, garage. \$57,000. Ph: 07-4698-2003.

**UTOPIA ENVIRONMENTAL RESERVE PTY LTD**: Unique opportunity to purchase a renovated timber church situated on 10 ac only 40 mins from Maryborough. Borders Mount Walsh Nat Pk with excel views. The property is fully self-suff with solar power & r/w/tanks. \$32,000. Call Nathan on: 0418-153-648.

**INNISFAIL**, 31 ha, adjoins World Heritage. Beautiful views, r/forest. Growing passionfruit, taro. Irrigation licence perm crystal clear river. Estab limes, lychees. Private, dwelling, elec & ph. Handy primary school. \$170,000. Ph: 07-4096-3024.

**VALUE, RURAL RETREAT**, tranquil, undulating, 40 ac, close Warwick. Dams, trees, views, furnished 3 b/r home, verandahs, sheds, gardens, portable yards, tractor, machinery, trail bike, ride-on mower, tools, pumps, + more. \$159,500. Ph: 07-4667-4940.

**RAINFOREST RETREAT** & sml camping area 2 km from nat pk, situated on pristine crk. Enviro-friendly, requires partner. This 20 ac property has huge potential in alternative tourism market. Website: [www.bushcamp.net](http://www.bushcamp.net) or ph: 07-4958-3204.

**CUNNAMULLA, LOG CABIN**, quiet edge of town, 1/4 ac, bush outlook, 56 trees/shrubs planted. Renovated, aircon, new HW system, gauzed verandah. New 20' x 10' shed with concrete floor, water/electricity supply. \$29,500. Ph: 07-4655-2038 BH.

### DEADLINES

To avoid disappointment ensure your ad meets our deadline 

**DEADLINES: GR145 – APRIL 30TH  
GR146 – JUNE 30TH**

**GYMPIE**, Sexton Rd, 40 ac selectively cleared, earth tank, power to boundary. Very good home sites. \$53,000. Ph: 02-9587-8986.

**LOW-SET HOME**, 3 ft stumps, 2 b/r, lounge, kitchen, workroom, laundry, bathroom, toilet, new aluminium siding, 1/4 ac block, front & side car entrances, fully fenced, handy base hospital & shopping centres, \$55,000. Rockhampton. Ph: 07-4922-0313 anytime.

### VICTORIA

**ST ARNAUD, MUDBRICK HOUSE**, pole frame, 15 1/2 ac, mez floor bedroom, dams, fenced, bit rd to front, 10 km to town, 50 mins Bendigo & Ballarat. \$48,000. Ph: 03-9754-7491, 054-963-240.

**VICTORIAN HIGH COUNTRY**, Benambra area: 605 ac native bush block. Situated 10 km from township of Benambra; good access via sealed rd. Well watered with 3 dams. Fenced on all sides with a crown land boundary of 2 km on one side. Naturally cleared areas on flat rising to steep with good views of surrounding area. \$150,000. Ph: 03-5159-9271.

**BLACKWARRY, BUSH BLOCK**, 79 ac, 8 ac cleared. Views, wildlife, fern gullies, seclusion. Half-hour from Traralgon & Yarram, good roads, close school bus. Ph: 03-5196-6131.

**MURRAY RIVER, BARMAH FOREST**, 35 km NE Echuca, Vic, 3 historic buildings circa 1880s, 2 huge w/shops + 3 ph/p, 11 ac (3 f/hold). Chook & duck yard, vegie garden, hot-house, orchard, cottage gardens. Unique eco-tourism site, eg: B&B, artist/craftsman retreat. POA. For info package ph owner, 03-5869-3358, or email: [moiragums@yahoo.com](mailto:moiragums@yahoo.com)

**INVESTMENT AND EMPLOYMENT**, 232 ac bushland, 3 b/r house 1/4 built, 3 m verandah all way around, perm small lake in front, 6000 pine trees. Employment offered in other area for 1 or 2 people. \$88,000. Ph: 03-5587-7207, Edenhope area.

**UPPER YARRA VALLEY**, 5 mins from Yarra Junction, 3 b/r renovated miners' cottage on 1 1/4 ac, 2 baths, 2 living areas, lge kitchen, wood burning stove + gas. Organic garden, orchard, vegies, chicken areas, room to grow, on bus route, lovely views. \$199,000. Would consider vendors terms or long rental for someone who cared for garden. Ph: 03-5967-4686.

**A A DREAMING OF A** country property??? Get your free listing today!!!! [www.cellante.com.au](http://www.cellante.com.au) Land Within Your Reach. Ph: Vic Properties, 03-9852-3322.

**HOUSES NOW AVAILABLE**, from 2 to 4 b/r, most with aircon, a large range to choose from. West Victoria. Ph: Vic Properties, 03-9852-3322.

**COTTAGES, TWO ON SIX BLOCKS** in quiet country town, all services, new air con, lots of trees. \$30,000. Ph: 0418-596-965.

**FOR SALE OR RENT**, 5 fertile ac, Sth Gippsland, perm crk, orchard, 3 b/r house, all services, 5 outbuildings, beautiful setting. \$100/week or \$130,000 ONO. Ph: 03-6239-1104, or 03-5182-5611.

**FULLY RENOVATED PINE/HARDIPLANK** 24 sq 3 b/r home (air con). Fresh water bore all year round, on 5 ac. Ideal for organic/hydroponic farming as no chemicals have been used in the last 30 yrs. Main Princes Hwy frontage in Pirron Yallock with great coastal traffic flow between Melbourne, the Great Ocean Road & Warrnambool. Asking \$62,500 ONO. Please ph: 0427-323-958, or 03-5275-8900, or email at: [jiforks@bigpond.com.au](mailto:jiforks@bigpond.com.au)

**PEACEFUL BUSH RETREAT**, Stawell area, solar power farmlet, gives uncomplicated economical lifestyle. This 26 ac property has 4 paddocks, one dam. The 12 sq home has open living, meals & kitchen area, a Masport combustion stove & gas refrigerator. Three b/rs, 2 with built-in robes, septic toilet, shower, bath, laundry, 14,000 gal tank water, lge shed. Bargain \$79,000. Ph: agent, 03-5358-1300.

### TASMANIA

**A HOME WITH VISITORS**: Set amid gum trees & just 35 mins from Hobart, on 5 ac, is this beautiful 4 b/r, 2 storey home built of oak vertical boards & stained. Comprising cosy lounge, well appointed kitchen with d/w (Tas oak bench tops), floor heating, bathroom with spa, en suite & loft office. There is also a 2 storey studio (upstairs work room, downstairs lge family room). At dusk the visitors come for their nightly meal. Don't miss this great opportunity to buy in Tassie. Offers over \$169,000. South-East First National. Ph: 03-6265-3334.

**FOR THE CLEAN GREEN MINDED**: Acquire & preserve your own piece of Tassie & live in absolute solitude on this 140 ac (approx). This home is 22 sq. lge A-frame with raked timber ceilings, huge living area, 2 huge b/r (6 m x 5 1/2 m + 5 1/2 m x 3 m), bathroom with spa, shed, water, tons of potential. \$170,000. South-East First National. Ph: 03-6265-3334.

**WELDBOROUGH, NORTH-EAST TASMANIA**, charming 4 b/r timber home, 1 ha, beautiful rural retreat. Wonderful clean air, soil, water, r/forest abounds. Mudbrick guest quarters, workshop & cellar. Extensive fruit & vegie gardens. \$85,000. Ph: owner, 03-6278-8500. Details & photos: [www.australiarealty.com](http://www.australiarealty.com) Ref # F130032.

**SECLUDED BUSH BLOCK**, partly cleared, 1.369 ha, lge shed & tank, 1/2 hour Hobart, 10 mins beach & shops. Can build. \$19,000 Ph: 03-5780-2419..

**DELORAIN, TASMANIA**, 2 – 3 b/r timber home on 20 ac, perm water, fertile soil, organic gardens, f/trees. Powered by 6.5 kw genny. Power is avail at road. \$115,000 ONO. For photo & more details see: [www.australiarealty.com](http://www.australiarealty.com) Ref F130031. Or ph: 03-6362-3510, 0419-464-456.

**LAND MATHINNA**, 6.5 ac, deep valley, mtn rivulet, rough cabin, great potential. Cheap at \$7000. Ph: 03-6354-1007.

# GRASSIFIEDS

## PROPERTY FOR SALE TASMANIA

**A COUNTRY PARADISE**, immaculate 9 yr old home on 1 ac beautifully landscaped amongst dairy farms. Three b/r, BIR, main WIR. Heatpump, unlimited water supply, orchard & raspberries, garage, 9 x 5 m hothouse, workshop 16 x 5 m, showroom. Devonport 30 mins. \$125,000 Ph: 03-6492-1237.

**NORTH-WEST, WILMOT VALLEY**, 3 bed character cottage, 18 ac, no through rd, elec, comb stove, lounge w/h, gardens, views, separate art studio, outbuildings, 10 ac grass, 8 ac good forest, 35 mins Devonport, ideal alternative lifestyle. \$69,500. Ph: 03-6492-1369.

**WE HAVE FIFTY ACRES** of forested r/front land to share in NE Tas with vegetarians. We aim to estab a low entropy, 100% self-suff, quietly affirming community. Ph: 03-6354-1007.

**FORTH/NORTH-WEST COAST** (10 km to Devonport), hobby farm, 60 ac, nicely renovated cottage, 3 b/r, abundant water. \$240,000. Ph: Annette, 03-6428-2018.

**PEACEFUL, SUNNY, SHELTERED** coastal block, 60 ac, timbered, dam, subdivision STCA, 30 mins lge town, 60 mins city. \$135,000 ONO. Ph: 03-6243-7763.

## SOUTH AUSTRALIA

**TAILEM BEND**, 86 ac on 2 titles, lge home, prefab, maintenance free, 4 b/r, lounge, kitchen, dining, rumpus, verandahs. Established gardens & trees, plenty sheds, yards set up for animals, poultry, pigs, etc. Ten mins to River Murray, 1½ hr from Adelaide. \$155,000. Ph: 08-8532-4768, or 0413-886-357.

## WESTERN AUSTRALIA

**BORDEN, SECLUDED** 160 ac. White gums & jam. Rich soil, fenced & 1 dam, small area cleared. Beautiful block. Vendor finance avail. \$65,000. Ph: 08-9828-7035

## NEW ZEALAND

**NORTHLAND (OMAPERE)**, beautiful picturesque sea views from lovely, sound, old 4 b/r kauri villa, lge verandahs, alternative power, 5000 gal tank, dam, crk, perm water, cleared 10 ac, pockets r/forest, 400 f/trees & pasture, minute's walk beach, village, subdividable. \$265,000 NZ dollars. Ph: 0408-071-594. Email: [sphil@lowvolt.cjb.net](mailto:sphil@lowvolt.cjb.net)

## COMMUNITIES/SHARES

**NEW ALTERNATIVE COMMUNITY START-ING**, mid nth coast NSW, near ocean, Port Macquarie, modelled on Bundagen Community (Coffs Harbour), 80 sites, no cats/dogs. \$7000/share. Ph: 02-6566-0087, 02-6653-4601. See ad under 'PROPERTY NSW'.

Please print your ad clearly so we can do likewise ☺

PLACING AN AD?  
*See page 73 for details*

**BLUE KNOB**, 12 km from Nimbin, ½ share in 110 ac forested block backing onto nat pk, perm crk, views to Lillian Rock. Good all-weather access, ph connection and old shed on site with running water. \$35,000. Ph: 07-3217-2103.

**MID NORTH COAST**, ½ share 430 ac, Tenants in Common. Mostly forest, perm crk, secluded mudbrick house. Neglected but repairable, ph connection, abundant wildlife, 1 hr Taree. \$12,000 ONO. Ph: 02-4942-5215.

## PROPERTY WANTED

**WILDERNESS BLOCK** in remote Tasmania or northern tablelands NSW, with rustic accom. \$20,000. Ph: 02-6732-6893. PO Box 611, GLEN INNES 2370.

## FOR RENT/CARETAKER WANTED

**CARETAKER FOR HOBBY FARM** on Logan River near Beenleigh, Qld. Ph: 07-5546-8676.

**WANTED, GREEN FINGERED TENANTS** for beautiful rural property, 5 mins to Comboyne township with school & shops etc, ½ hr to Wauchope, ¼ hr to Port Macquarie. Four b/r + study, lovely gardens, lge orchard, vegie patch. School bus at gate. \$140 pw. Ph: 02-6550-4242. Email: [temwhite@midcoast.com](mailto:temwhite@midcoast.com)

**PERSON(S) TO SHARE/RENT** house, c/van. Secluded Hunter bush block, 60 km Newcastle, very negotiable. Ph: 02-4938-2036.

**RENT/CARETAKE**: spacious, cozy alternative-style home on community Lismore/Nimbin area. Telephone, solar power, LP gas, handy schools, bus. Low rent/caretake arrangements for right long-term tenants. Contact Donny: 0414-442-238, or [donny@myoffice.net.au](mailto:donny@myoffice.net.au)

**HOUSE TO LET – RUSHWORTH**, 100 m from red gum bush. Lovely brick home, femery, water filter system, courtyard, 20-tree orchard, gardens. Features 2 very lge b/r. Quality carpets. Looking for reliable long-term tenants. Rent \$130 pw. Call: Ian, 03-9457-2814. Email: [nutech@arc.net.au](mailto:nutech@arc.net.au)

**FOR RENT/CARETAKER WANTED:** Two adjoining 37 ac blocks, Dalby-Tara. Owner stuck in city. Would you like a chance? Bare. No house. Interested in talking: 07-4789-0432.

## BUSINESS FOR SALE

**NORTHERN TASMANIA**, alternative natural sandstone crafts, cleaners etc, market proven, potential plus. \$125,000 incl house, 100 ac bush setting. Enquiries, ph: Rob, 03-6343-6315.

**SCARNESS, HERVEY BAY QUEENSLAND**, well estab internet cafe along esplanade Hervey Bay, Qld. WIWO, only \$35,000, or \$25,000 with no computers. Ph: 07-4124-2900

**BUTCHER SHOP**, located in busy shopping centre in one of the most popular northern beach communities, outside of Cairns. Family owned & operated with wholesale & retail trade, in residential & tourist location. Modern equipment, plus generator. No local competition. Senior owner is no longer physically able to continue butchering, son wants to return to his original trade. Price \$95,000 ONO. For more info please ph: 07-4060-9225, 07-4060-9192, 07-4057-6568.

**FRUIT WINERY** on the far south coast of NSW, set on 5 ac, fronting Princes Hwy & bordered by perm crk. Three b/r mudbrick & timber home, estab orchard & gardens with rapidly growing fruit winery. Suit couple or young family, preferably with some wine making knowledge. \$275,000 WIWO. Ph: 02-6493-8382, or email: [sue@fruitballad.com.au](mailto:sue@fruitballad.com.au)

## WANTED TO RENT/CARE-TAKE

**RENTAL REQUIRED, MORNINGTON PENIN-SULA**. We are garden maintenance contractors & organic plant propagators, have just sold our 5 ac property/business in SE Qld, returning to Victoria. We need a 3 – 4 b/r home with secure shed on larger property or acreage to re-establish our business. We will be requiring a property on 4/5/01. Ph: 07-3425-3344.

Email: [maroondah@iprimus.com.au](mailto:maroondah@iprimus.com.au)

**YOUNG PROFESSIONAL COUPLE** & dog looking for caretaking/rental accommodation on acreage far nth coast NSW. Help us escape the rat race. Contact, Mik: 02-9655-1461, evenings.

**COUPLE WITH EXCELLENT REFERENCES**, seeking long-term rental/caretaking of cottage & land in southern Highlands/southern Tablelands. Ph: 0413-229-393, evenings.

**MALE FORTY-SIX**, horticulturist, looking to caretake property in sth Tasmania, willing to work to cover rent, keen gardener, handy at maintenance, excellent refs. Write to: David, PO Box 38, NEWPORT BEACH 2106, or ph: 0401-307-312.

**CAIRNS/TABLELANDS AREA**, GR couple seek acreage with dwelling, suit vegie/herb, gardens & self-suff lifestyle. Refs avail. Ph: Karen 07-4053-4041, or 0401-620-283.

## ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to Contact ads, please bear in mind that most advertisers do not wish to receive 'R'-rated letters. ☺

# CLASSIFIEDS

## OPPORTUNITIES

**MATURE MALE**, heterosexual, vegetarian, n/s, requires board accom exchange for building, landscape work, near Queensland coast. Ph: 0402-855-027.

**101 WAYS TO MAKE & SAVE MONEY** from home. Send SAE to: Belledel Enterprises, PO Box 5424, MANLY, Qld 4179, for further info.

**NORTH QUEENSLAND - CAPRICORNIA COAST:** Single female mid 40, European background seeks other person(s) with own c/van - free site exchange 3 hr work/week on property. Opportunity to develop organic vegie & herb garden on share work & share profit arrangement. Must like animals. Please ph: 0427-200-402.

**LESBIAN-OWNED ORGANIC FARM**, offers opport for other woman/women to participate in our business: growing & selling organic produce. Market estab with huge potential for expansion. Genuine opportunity. Horticulture experience/qualifications an advantage. Separate accom. Idyllic setting close to capital city. Reply: Purple Patch (GR144), C/- PO Box 117, SEYMOUR 3661.

## PUBLICATIONS

**GIBSON GUIDE TO FINANCIAL SURVIVAL**, every child & teenager should see one. \$2 + SSA business env. Bob Gibson, PO WOOMARGAMA, NSW 2644.

**FIFTY 'GRASS ROOTS'**: 81-131, except 87, 2 binders. \$130 incl postage. Ph: 07-4676-2202.

**SUPPRESSED & UNUSUAL TECHNOLOGIES** catalogue, free energy devices, antigravity, hydrogen fuel, magnetic motors, alternate fuels and engines, high mileage, 200+ topics. Send 6 x Aust 45c stamps to: Lostech Archive, PO Box 456 -R, TOLGA, Qld 4882, Australia.

**'HOW TO RUN YOUR CAR** on Zero Point Energy', by Barry Hilton. The Joe Cell is a remarkable water fuel cell that you can build. \$29pp. Free Info: Nutech 2000, Box 255, IVANHOE 3079. Order On-line:

<<http://web.access.net.au/nutech>>

**BOOK 'ABSOLUTELY DELICIOUS LICORICE**, How to Grow and Use', by Isabell Shipard, and licorice sample: \$10. Three licorice roots to grow: \$20. Shipards, Box 66, NAMBOUR 4560. Ph: 07-5441-1101.

**'NATIVE STINGLESS BEES'** for profit or pleasure - how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

**'NEW VEGETARIAN & NATURAL HEALTH'**, the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

DEADLINES: GR145 - APRIL 30TH  
GR146 - JUNE 30TH

**'NIMBIN NEWS MAGAZINE'**, is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**HOME EDUCATION** for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 329, BLACKHEATH 2785. Ph: 02-4787-5335, fax: 02-4787-5339. Visa-Mastercard. [www.users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)

**BOOKS, NEW AND OLD.** Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

## FOOD & KITCHEN

**STONE GROUND FLOUR**, in-home, with a SCHNITZER German quality hand or electric stone mill, 10 models, from \$178. Send SAE for info, add \$5 for video. SCHNITZER MILLS, PO Box 1867, BOWRAL 2576. Ph: 02-4861-1581, fax: 02-4861-1249. Visit our website at [www.schnitzer.com.au](http://www.schnitzer.com.au)

**HOME STONE FLOUR MILLS** - mill your own stonground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDEMONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. [www.retsel.com.au](http://www.retsel.com.au)

## MISCELLANEOUS

**HOW TO MAKE UP TO \$5000** per month from garage sales. Send \$5 & SAE to: BD ENT, PO Box 5424, MANLY, Qld 4179.

**TEEPEES, VIKING TENTS**, medieval tents, swags, buckskin clothing. Seventeen years experience BOJO PRODUCTS, PO Box 112, AVENEL, 3664. Ph: 0412-368-034, 03-5796-2753 AH.

**NATIVE AMERICAN STYLE FLUTES**, hand-crafted in authentic Cherokee design. Anyone can learn to play, perfect for playing in the bush. Call Tony & Debruongiva: 07-4057-6553.

**'STATH STEAM'**: stationary steam power generating systems. Ph: 08-8555-5257.

**GREAT NEW KIDS CLUB!** Wholesome & healthy - full of stories, ideas & activities for kids of all ages, regular competitions, 12 issues a year. For more info, please send SAE to: PO Box 54, ASHMORE CITY 4214.

**SEPTIC TANKS - HOW TO BUILD** or how to maintain one. Don't desludge! Treat the cause. Booklet \$20. HG Stephens, 12/5 Fulton St, EAST ST KILDA 3183.

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050. Website: [www.supermoulds.com.au](http://www.supermoulds.com.au)

**BHUDEVI, THE PUREST GOODIES** on the Planet! At reduced prices. [www.bhudevi.com.au](http://www.bhudevi.com.au) Ph: 07-5527-6828.

## HEALTH & BEAUTY

**NATUROPATHIC RESEARCH CENTRE** (former Rokro, Alstonville) is now located at 4 Simons St, Corindi Beach 2456. The acid/alkaline - BLOOD - TYPE - FOOD - PLAN, is the KEYSTONE to a lifetime of health. For only \$45 you get all health fact sheets by giving us your = blood group, age, sex, weight, height, health history, symptoms today, medications & amount you are on. Send all to: NRC, 4 Simon St, CORINDI BEACH 2456.

**ORGANICALLY GROWN TRADITIONAL** herbal remedies for everyday conditions: arthritis, psoriasis etc. For catalogue please send stamped self-addressed envelope to: Tintagel Herbs, PO Box 27, CENTRAL TILBA, NSW 2546.

**ESSENTIAL OILS**, very high quality, emu oil & neem oil, w/sale, retail. Mackay Ti-Tree Oil. Ph/fax: 07-4943-0570.

**ALCHEMY CONCEPTS, CANDLES, SOAPS** & body products. Handmade using age old methods. Retail & wholesale. Ph/fax: 02-4934-8301. PO Box 70, MEDOWIE 2318.

**ZAPPY NAPPY** 'Nappies that don't cost the Earth'. Made of 100% cotton flannelette. One size fits newborn to trainers. Waterproof/breathable overpants, extra liners, patchwork bunny rugs, premature infant nappies and doll nappies. All of our products are quality Australian made. To order please tel/fax: 07-5442-8033, or write to: Zappy Nappy, PO Box 260, EUMUNDI, Qld 4562. Wholesale distributors are required in most areas. Please contact Zappy Nappy for more info.

## FOR SALE

**'GRASS ROOTS'** - 21 issues, nos: 111, 114 - 122, 124 - 125, 127 - 132, 135 - 137. \$150 incl postage. Ph: Skye, 03-5289-7320.

Make your editor smile - Punctuate when writing ads for Grass Roots Classifieds

# CLASSIFIEDS

## FOR SALE

**SOLAR POWERED WATER PUMP.** \$2500. Draw 21', head 35', approx 5000 l per day. Ph: 02-6027-1793, or Markeyre57@hotmail.com

**GLOCKMANN WATER DRAGON,** free energy water pump, brand new. Cost \$980. Best offer by April 30th secures. Ph: 08-9844-7906, fax: 08-9844-8426.

**SPINNING WHEEL, LACQUERED, BLACK-WOOD,** folding Ettrick Windwheel, lazy kate, 4 bobbins, carry bag. As-new, \$750. Ph: 02-9967-5057.

**COMPLETE HOME POWER SYSTEM.** \$4000 ONO. Solar system, gas fridge, generator, all your needs. For details call: 07-5465-3437.

**NORTHERN TERRITORY** long & short neck turtles & freshwater crocs now avail. Ph: 08-8988-1130.

## COURSES

**PERMACULTURE DESIGN COURSES** with Southern Cross Permaculture Institute, Rick & Naomi Coleman, Leongatha, Vic. Sept & March every year. See ad this issue. Call Naomi for details: 03-5664-3301, or email: peds@tpg.com.au

**STUDY PSYCHOLOGICAL ASTROLOGY** to practitioner level from home. Projectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW. www.shoal.net.au/~astralc

**CORRESPONDENCE STUDIES.** Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition Therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Preschool Child-care, Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

## GARDEN AND ORCHARD

**NONI SEEDS** (*Morinda citrifolia*): Enjoy the healthful properties of Noni fruit . . . grow in warm frost-free areas. Seeds and info - \$20 to: J Clarke, PO Box 95, YORKEYS KNOB, Qld 4878.

**MULTIPLYING ONION PACKS** containing 3 varieties of potato onions; Welsh onions, brown tree onions, sweet roasting garlic. \$13 postage paid. Bair Morris, RMB 218, TRENTHAM 3458. Ph: 03-5424-1434.

**FOOD PLANT NURSERY**, mail order, usual & unusual fruits, vegies & bushfoods for cool climates. Ph: 0401-203-447 for plant list.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes and goat hair mulch mats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 03-5157-9404.

**BAMBOO PLANTS**, large range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

**PLACING AN AD?**  
See page 73 for details

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

**COMPANION PLANTING CHART:** over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow when Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**BAMBOO: PLANTS – BOOKS – FLOORING**, 250 species, running or clumping, 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELL PARK, Qld 4562. Email: bamboo@bamboo.02.com.au

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

## HOLIDAYS

**FINCH HATTON GORGE**, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204. Web site: www.bushcamp.net

**MORUYA – FAR SOUTH COAST NSW**, bush cabins, romantic 1 b/r and family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$275 per week, \$110 per weekend. Ph: 02-4474-2542.

**WYNDHAM AREA**, very private secluded area, acreage homestead, budget rates, mountain area, adjoins nat pk, abundant wildlife. Accommodates up to 6 persons. Bega 40 km, 30 km from Merimbula, beaches. Ph: Phyllis, 02-6494-2175, or leave message on answer phone.

**LAMINGTON GLEN**, r/forest retreat, secluded cabin – everything supplied except food. Ph: 07-5544-8166.

## SERVICES OFFERED

**RONITA, INDIAN CLAIRVOYANT**, genuine service at reasonable rates. Ph: 03-5176-2521 from 11am – 8pm. \$30 for 15 mins. Credit card only. Also visit: www.ronitapsychic.com for one free email question.

**AROMATHERAPY MASSAGE**, affordable enjoyable treatment of many ailments. Qualified practitioner, environmentally aware. \$5 off to GR readers. THOMASTOWN Vic. Ph: 0412-650-606.

**HOME PLANS.** 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for hand-crafted buildings (83 homes and 9 workshops, cabins, and carports) of mud brick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail \$75 (p&p incl) to: John Barton – Building Design, 31 Sharp St, NEWTOWN, Vic 3220. Enquiries to ph/fax: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted. Free brochure available.  
Email: jbarton@pipeline.com.au

## HANDCRAFTS

**NATURAL GEMSTONE JEWELLERY**, pendants from \$7.50. Necklaces from \$20. Send 3 x 45c stamps for descriptions & prices to: C Hunter, 54 Maidstone St, RINGWOOD, Vic 3134.

## LIVESTOCK

**KING PIGEONS:** for food & fertiliser. \$20 per breeding pair. Prolific breeders. Ph: 08-8892-2208.

**MINIATURE AUSTRALIAN COMPANION PIGS**, estab 1978, pets, breeders. Ph/fax: 03-5966-7434. Brian, PO Box 36B, YARRA JUNCTION, Vic 3797.

**SMALL ANIMAL TRANSPORT:** Catering to small animals/livestock and canines in safety & comfort. Central coast NSW to Toowoomba Qld. Phone for more info & booking: 02-6577-6009.

**LOVABLE LAWN MOWERS!** Have you considered miniature horses? Ph: 08-8556-7442.

## CALENDAR EVENTS

**SOUTH COAST FIELD DAY.** For sustainable land use & sustainable living. It's on again & it will be bigger than ever. Land use, building & technology, forestry, commune and cottage industry. Bega Valley, 18th & 19th Aug. Interested exhibitors & enquiries contact: 02-6494-2014, or 02-6492-7306.

**YOU ARE INVITED:** The Australian Greens are hosting the worldwide Global Greens 2001 Conference in Canberra over Easter, 14 – 16 April. Plenary sessions, workshops, Rio+10 roundtable, post-conference excursions & more. Keynote speaker: Ralph Nader (tbc). More info, ph: 02-6247-6305, or 1800-017-011, fax: 02-6247-6455. Post: GPO Box 1108, CANBERRA CITY, ACT 2601.

Email: conference2001@global.greens.org.au  
Net: www.global.greens.org.au

## CHANGE OF ADDRESS

If you change your address or phone number after placing an ad (especially properties for sale), please let us know so we can redirect enquiries. Call us on 03-5792-4000 ☺

# GRASSIFIEDS

## CLUBS

**AFFILIATED DONKEY SOCIETIES OF AUSTRALIA.** For info on membership, magazines and help avail write to Ms Ann Fletcher, 74 Bells Lane, Kurmond, NSW 2757. You will be contacted by the representative in your state.

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA) and ECO-CHOICE (our mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Email: naaaauz@yahoo.com. Ph: 04-1324-1166.

## CONTACTS

### NEW SOUTH WALES

**FORTY-SIX YEAR** old single male, short, solid build, n/s, s/d, employed as farmhand, lives Dubbo area, seeks woman any age for f/ship future r/ship. MS (GR144), C/- PO Box 117, SEYMOUR 3661.

**SEEKING PARTNER:** Male, 53, employed, romantic at heart, n/s, s/d, gsoh, loves nature, music, affectionate & caring, seeks slim, sincere & healthy partner, age open, to maximize life's opportunities in a warm, long-term r/ship. Currently living aboard yacht in Sydney, with possible relocation to relaxed Qld lifestyle next year. Photo appreciated. Ph: Paul: 0402-236-360, or PO Box 87, ROZELLE, NSW 2039.

**1965 MODEL (M) NATIVE BORN PATRIOT,** who loves people & life, would love to correspond with an intelligent & interesting female. If you love the simple things & live an uncomplicated life. Studing? City or country person welcome to reply. Joe, PO Box 1101, MUDGEE 2850.

**GIRL, FORTYISH**, north coast NSW, looking for a mirror of myself. Extensively travelled, widely experienced, sowed all sexual 'wild oats'. Health conscious, vegetarian, green, 100% kind, loyal, responsible and an absolute animal lover. Financially secure, free natured, ready to explore new vistas. Still has some dreams to realise. Humorous, optimistic & good communicator. Reply: JH (GR144), C/- PO Box 117, SEYMOUR 3661.

**MAN SIXTY** in 50 yr body, 5'6½", 69 kg, very fit, financially secure farmer, located Central West NSW, n/s, s/d. Like to meet lady 40 - 55, interests theatre, travel, music; to be wife, lover & best mate. Send for photo pack & more detail. Please incl photo in your reply. Jack (GR 144), C/- PO Box 117, SEYMOUR 3661.

### QUEENSLAND

**FRUITARIANISM ENTHUSIAST**, male, seeks partner. View raising children taught organic agroforestry and robotics. Ph: 0500-898-890.

#### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it. Don't forget to put the issue no. on reply, i.e. Skye (GR 138) ☺

**DEADLINES: GR145 – APRIL 30TH  
GR146 – JUNE 30TH**

**MALE COUNTRY NUDIST** of good character seeks, respectful similar male for Australian travel. Must be fit and have no family ties. Age open. Write: Enquirer, PO Box 1271, MACKAY, Qld 4740.

**ATTRACTIVE BUSINESSWOMAN**, 54, owns an established internet cafe, wants to meet a businessman, 55-60, with gsoh, reliable, honest, loving & caring. Photo appreciated. Reply: YG (GR144), C/- PO Box 117, SEYMOUR 3661.

**I'M SIXTY-THREE** even if I don't look it, n/s 6 ft, active, live on 40 ac r/forest block growing bamboo for edible shoots. Love the sea and bush, very capable in both environments. Wide range of interests incl a loving perm r/ship. Looking for a calm, handsome woman 50 - 55, n/s, who likes a glass of wine once awhile, similar interests, intelligent, vice free and loves the bush. www.southerncbamboo.com.au or Richard, Box 663, MALANDA, Qld 4885.

**RWARD OFFERED** – a lifetime of fun, security & adventure for one fairly slim country-type female interested in starting & sharing a lifelong friendship/r/ship with a clean, healthy, loyal, financially secure, adventurous 40-year-old Libran male, n/s, n/d; single mum okay. Send resume to: Hermit, PO Box 1473, ATHERTON, Nth Qld 4872. Genuine replies only, all letters answered & totally confidential. Photo appreciated.

**CARING, CALM, INTELLIGENT**, affectionate, & genuine man, 36 yrs old, attractive, slim, 180 cm tall, hazel green eyes, brown hair, clean shaven, n/s, n/d, never married, no children, secure. General interest in life & a love for nature, also I practice Buddhism, Tantrism. Seeking female 25 to 45 yrs old for friendship, r/ship. All replies answered. Write to: 12 Gadgarra Close, EDMONTON, Qld 4869.

**DOWN TO EARTH AUSSIE MALE**, 55 years old, would like to correspond with a lady with a nice disposition. Write: Doug (GR144), PO Box 117, SEYMOUR 3661.

**VEGETARIAN MALE**, 48 years, intelligent, slim, n/s, n/d, naturally affectionate & caring. I enjoy the outdoors, gardening & cooking. Seeking a sincere, caring woman (25 to 45), or mother & child, to share simple country lifestyle. Wayne Pollard, PO Box 235, GIN GIN, Qld 4671. Ph: 07-4157-2736.

### VICTORIA

**FIFTY-FOUR YEAR OLD MALE**, compassionate vegetarian, n/s, seeks female companion for central Australian camping trip. Ph: 03-9844-3263.

**WOMAN, MIDDLE YEARS**, seeks GR-style man for friendship. Enjoys nature, travel, good food, ABC radio & pet dog. Please write: Gab (GR144), C/- PO Box 117, SEYMOUR 3661.

**ARTIST, FORTY, FEMALE**, permaculture, scrumpy, Mollison, Radiohead, Mozart, Hemingway, gourmet, looking for honest male. Reply: Linda (GR144), C/- PO Box 117, SEYMOUR 3661.

**SENSITIVE, COMPASSIONATE**, intelligent, introspective 31 yr old vegetarian male. Slim build 192 cm. Living in inner city but soul belongs in nature, professionally employed. Likes include nature, travel, public broadcasting (ABC, SBS, 3RRR etc), photography, solitude, music & the written word. Dislikes include crowds, ignorance & negative energies. Spiritual but not religious, socially & philosophically aware. I am hoping to relocate to a more tranquil environment when the time is right. I would love to hear from any females who are similarly inclined for correspondence & friendship/r/ship. Please reply: J L (GR144), C/- PO Box 117, SEYMOUR 3661.

**GUY, FORTY-ONE**, enjoys green issues, outdoors, surfing, lives Geelong area, seeks similar female. Ph: Phil, 0414-376-433.

**ARE THERE ANY SOULFUL GUYS** out there? Guys who are also emotionally mature, intelligent, fun-loving and adventurous. Woman, 40s, slim, attractive who has same qualities, would like to meet you. Prefer living central Victoria. Photo appreciated. Dianne (GR144), C/- PO Box 117, SEYMOUR 3661.

**CAPRICORNIAN**, 60+, fit/healthy, 6'2", 75 kg, n/s, s/d, n/g, n/d. Financially secure, clean habits & appearance, fair/grey wavy hair, blue eyes. Interests: life, literature, world affairs, music, ABC/SBS, relaxation massage. Activities: outdoors, camping, cooking, driving, days away. Seeking a lady to make a new start in life together. We would be of open character, truthful, sensual, fit & emotionally young at heart, subscribing to healthy lifestyle. Friendship leading to a deeper, perm r/ship could be envisaged. Your photo/ph/fax/email gets mine. ALA. HD (GR144), C/- PO Box 117, SEYMOUR 3661.

### TASMANIA

**CHRISTIAN LADY**, 49, Cancerian, enjoys gardening, crafts, animals, country life, n/s, s/d, active, honest, caring, presentable. Seeking genuine long-term r/ship. Reply: Judy (GR144), C/- PO Box 117, SEYMOUR 3661.

#### DON'T WANT YOUR ADDRESS PUBLISHED?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$10 for this service, so please add this to the amount when calculating the cost of your ad and include it with your Contacts Grassified. ☺

# GRASSIFIEDS

## CONTACTS

### WESTERN AUSTRALIA

**MALE, FORTY-ONE**, 5'10", slim & fit, blue, blond but grey thing happening! I do smoke & am a social drinker. Warm & too honest for my own good, quiet with a hint of mischief. Very dedicated breeder of Appaloosas, trainer for showing & track. Seeking a kind, warm, natural, loving lady, who can relate to a horseman. Friendship, r/ship, sky's the limit! Write to: Rob, C/- PO Box 637, MANJIMUP, WA 6258.

### AUSTRALIA WIDE

**LESBIAN GARDENERS/BUSINESSWOMEN.**  
See Opportunities this magazine.

**PRETTY RUSSIAN WOMAN**, 32 yrs old, blonde, green eyes, good figure, resilient, good education, son 7 yrs old. Would like to create home with Australian man, 35 to 45 yrs old, solvent, enjoys travel, sport, cooking etc. Contact email: aleftina@mail.ru (for Marina).

### LATE GRASSIFIEDS

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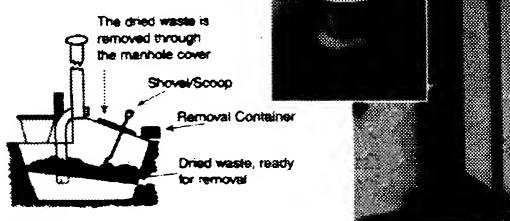
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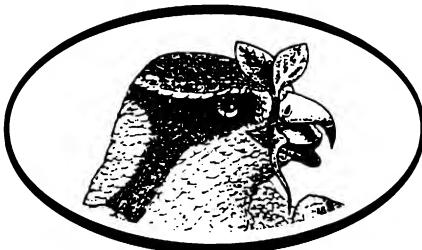
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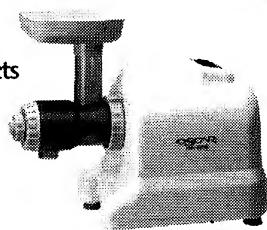
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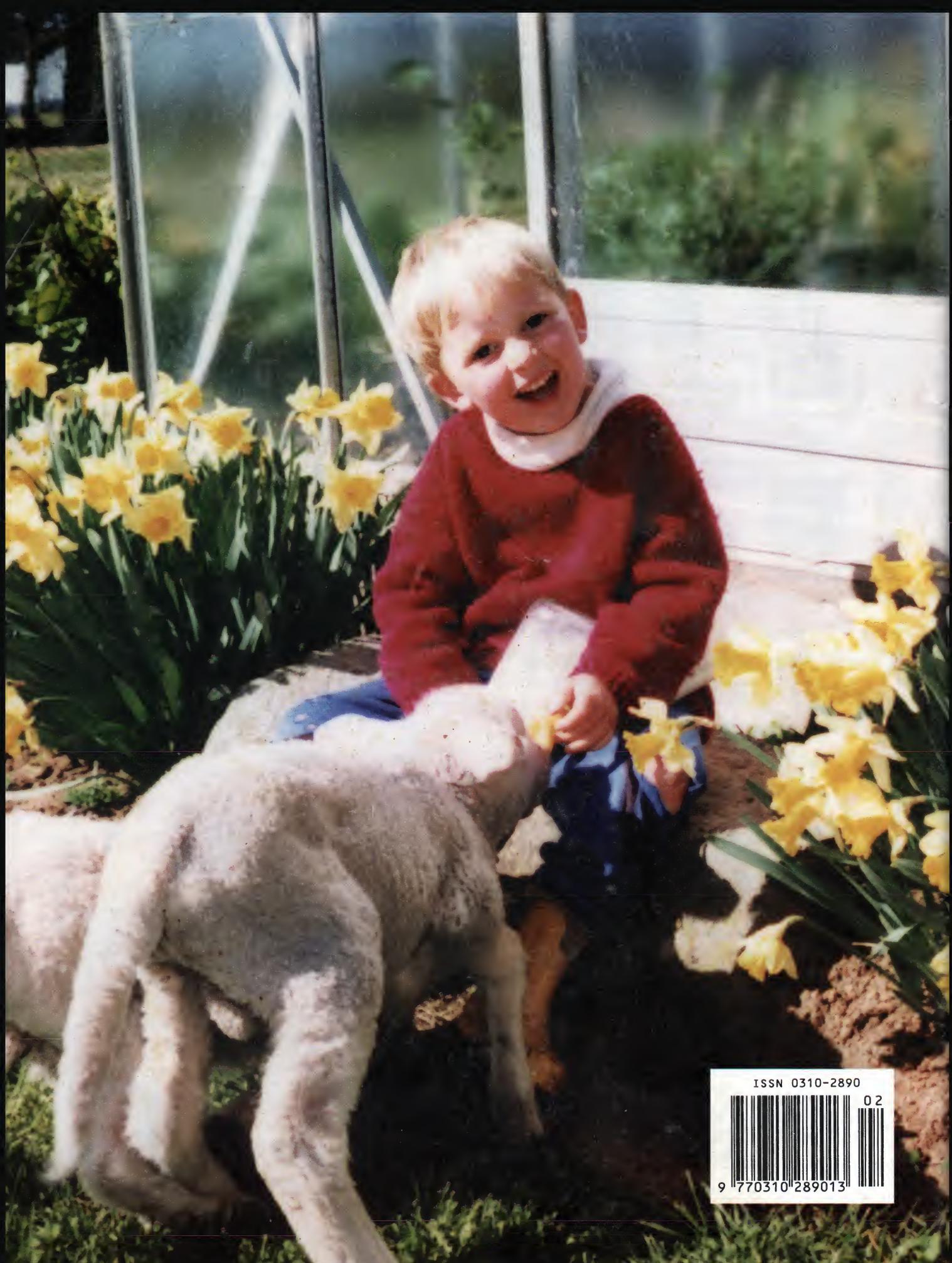
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